

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

aTX360
.U6C74
v.2
Copy 2



United States
Department of
Agriculture

Human Nutrition
Information
Service

Nutrition
Monitoring
Division

NFCS, CSFII
Report No. 86-2

CSFII

Nationwide Food Consumption Survey
Continuing Survey of Food Intakes
by Individuals

Low-Income Women 19-50 Years and
Their Children 1-5 Years, 1 Day

1986

NATIONAL

**A
G
R
I
C
U
L
T
U
R
A
L**



LIBRARY

Abstract

**CSFII, Nationwide Food
Consumption Survey**

This publication is the second in a series reporting results from the 1986 Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. One-day food and nutrient intake data for low-income women 19 to 50 years of age and their children 1 to 5 years of age collected in the spring of 1986 are compared with data collected in a similar manner for individuals of the same ages in the spring of 1985. The data were collected using a 1-day recall in a personal interview. The data are provided for Food Stamp Program participants and nonparticipants, and major results are summarized. Food intakes are aggregated in 60 food groups and subgroups and are tabulated for children in age groups 1 to 3, 4 to 5, and 1 to 5 years and for women in age groups 19 to 34, 35 to 50, and 19 to 50 years. Mean quantities of foods eaten per individual per day and percentages of individuals who reported eating any food from the specified food groups and subgroups are presented. Tables of the mean intakes of food energy and nutrients and comparisons of intakes with the 1980 Recommended Dietary Allowances are provided for individuals in households classified by income, race, and location (urbanization and region). Also presented are tables of the nutrient densities of diets (intakes of nutrients per 1,000 kilocalories); the percentages of total food energy from protein, fat, and carbohydrate; the frequency of eating; and the nutrient contributions of snacks and of food eaten away from home. Other factors related to nutrient intakes are included, such as the percentages of individuals following special diets or using vitamin and mineral supplements. Characteristics of the sample are included also.

KEYWORDS: Dietary survey, food away from home, food stamps, frequency of eating, nutrient density, nutrient intake, poverty, snacks, supplements.

Issued April 1987

1 X 360
416C74
v.2 copy 2
Acknowledgments

USDA, National Agricultural Library
NAL Bldg
10301 Baltimore Blvd
Beltsville, MD 20705-2351

Contents

The Continuing Survey of Food Intakes by Individuals 1986 was conducted by the Nutrition Monitoring Division, Human Nutrition Information Service, U.S. Department of Agriculture, under the general direction of Robert L. Rizek, Division Director. Robert B. Reese, chief of the Division's Food Consumption Research Branch, had overall responsibility for planning and supervising the survey. Howard A. Riddick supervised a team of nutritionists, home economists, and economists--Cecilia Wilkinson Enns, Kathryn H. Fleming, Kerry B. Greer, Patricia M. Guenther, Sharon J. Mickle, and Carol A. Tuszynski--in developing plans for coding and tabulating the individual food intake data, analyzing the results, and writing this report. Katherine S. Tippet coordinated the writing and preparation of the report. Bruce C. Gray, Renee A. Powell, and Joseph D. Goldman were responsible for data processing, and technical assistance was provided by Karen Wright. Frank N. Hepburn and the Nutrient Data Research Branch provided food composition values. Carole A. Davis and the Guidance and Education Research Branch provided gram conversion information. Johna L. Pierce and Gerald Smith provided editorial assistance. Judy M. Roe typed the manuscript, and Joanne Rosenthal Levine and Lois E. Ludka produced the camera-ready copy.

The Food and Nutrition Service (FNS), U.S. Department of Agriculture, participated in review of survey plans and reports of results. The sample was designed and the data collected under contract by National Analysts, a division of Booz, Allen and Hamilton, Inc. Beth B. Rothschild was the project director.

	Page
Guide to Tables	ii
Introduction	1
Selected Results	3
Food Intakes	3
Nutrient Intakes	5
Eating Patterns	8
Supplements	9
Tables	10
Table Notes	140
Glossary	150
Appendixes:	
A. Methodology	154
Sample Design	154
Data Collection	156
Sample Weights	158
Data Processing	159
Data Presentation	161
B. Recommended Dietary Allowances, 1980	164
Literature Cited	166
Other CSFII Reports.....(inside back cover)	

U. S. D. of Agriculture
National Library
Beltsville, MD 20705

Table Number	Table Title	Page
	<u>Food intakes: low-income households</u>	
	<u>Meat, poultry, fish (tables 1.1-A1 to 1.1-B2)</u>	
1.1-A1	Mean per individual in a day, spring 1985 and spring 1986	10
1.1-A2	Percentage of individuals using, spring 1985 and spring 1986	11
1.1-B1	Mean per individual in a day, by Food Stamp Program status, spring 1986	12
1.1-B2	Percentage of individuals using, by Food Stamp Program status, spring 1986	13
	<u>Milk and milk products; eggs; legumes, nuts, seeds (tables 1.2-A1 to 1.2-B2)</u>	
1.2-A1	Mean per individual in a day, spring 1985 and spring 1986	14
1.2-A2	Percentage of individuals using, spring 1985 and spring 1986	15
1.2-B1	Mean per individual in a day, by Food Stamp Program status, spring 1986	16
1.2-B2	Percentage of individuals using, by Food Stamp Program status, spring 1986	17

Table Number	Table Title	Page
	<u>Vegetables</u> (tables 1.3-A1 to 1.3-B2)	
1.3-A1	Mean per individual in a day, spring 1985 and spring 1986	18
1.3-A2	Percentage of individuals using, spring 1985 and spring 1986	19
1.3-B1	Mean per individual in a day, by Food Stamp Program status, spring 1986	20
1.3-B2	Percentage of individuals using, by Food Stamp Program status, spring 1986	21
	<u>Fruits</u> (tables 1.4-A1 to 1.4-B2)	
1.4-A1	Mean per individual in a day, spring 1985 and spring 1986	22
1.4-A2	Percentage of individuals using, spring 1985 and spring 1986	23
1.4-B1	Mean per individual in a day, by Food Stamp Program status, spring 1986	24
1.4-B2	Percentage of individuals using, by Food Stamp Program status, spring 1986	25
	<u>Grain products; fats and oils; sugars and sweets</u> (tables 1.5-A1 to 1.5-B2)	
1.5-A1	Mean per individual in a day, spring 1985 and spring 1986	26
1.5-A2	Percentage of individuals using, spring 1985 and spring 1986	27
1.5-B1	Mean per individual in a day, by Food Stamp Program status, spring 1986	28
1.5-B2	Percentage of individuals using, by Food Stamp Program status, spring 1986	29

Table Number	Table Title	Page
	<u>Beverages</u> (tables 1.6-A1 to 1.6-B2)	
1.6-A1	Mean per individual in a day, spring 1985 and spring 1986	30
1.6-A2	Percentage of individuals using, spring 1985 and spring 1986	31
1.6-B1	Mean per individual in a day, by Food Stamp Program status, spring 1986	32
1.6-B2	Percentage of individuals using, by Food Stamp Program status, spring 1986	33
	<u>Nutrient intakes:</u> Mean per individual in a day, low-income households (tables 2.1A to 2.4B)	
2.1A	By income level, spring 1985 and spring 1986	34
2.1B	By income level and Food Stamp Program status, spring 1986	38
2.2A	By race, spring 1985 and spring 1986	42
2.2B	By race and Food Stamp Program status, spring 1986....	46
2.3A	By urbanization, spring 1985 and spring 1986	50
2.3B	By urbanization and Food Stamp Program status, spring 1986	54
2.4A	By region, spring 1985 and spring 1986	58
2.4B	By region and Food Stamp Program status, spring 1986	62

Table Number	Table Title	Page
	<u>Nutrient intakes as percentage of 1980 Recommended Dietary Allowances: Mean per individual in a day, low-income households (tables 3.1A to 3.4B)</u>	
3.1A	By income level, spring 1985 and spring 1986	66
3.1B	By income level and Food Stamp Program status, spring 1986	68
3.2A	By race, spring 1985 and spring 1986	70
3.2B	By race and Food Stamp Program status, spring 1986	72
3.3A	By urbanization, spring 1985 and spring 1986	74
3.3B	By urbanization and Food Stamp Program status, spring 1986	76
3.4A	By region, spring 1985 and spring 1986	78
3.4B	By region and Food Stamp Program status, spring 1986	80
	<u>Nutrient intakes per 1,000 kilocalories: Mean per individual in a day, low-income households (tables 4A to 4B)</u>	
4A	All individuals, spring 1985 and spring 1986	82
4B	By Food Stamp Program status, spring 1986	84
	<u>Food energy from protein, total fat, fatty acids, and carbohydrate: Mean per individual in a day, low-income households (tables 5A to 5B)</u>	
5A	All individuals, spring 1985 and spring 1986	86
5B	By Food Stamp Program status, spring 1986	87

Table Number	Table Title	Page
	<u>Frequency of eating: Percentage of individuals reporting specified number of eating occasions in a day, low-income households (tables 6A to 6B)</u>	
6A	All individuals, spring 1985 and spring 1986	88
6B	By Food Stamp Program status, spring 1986	89
	<u>Nutritive contribution of snacks: Percentage of nutrient intake per individual in a day, low-income households (tables 7A to 7B)</u>	
7A	All individuals, spring 1985 and spring 1986	90
7B	By Food Stamp Program status, spring 1986	92
	<u>Nutritive contribution of food obtained and eaten away from home: Percentage of nutrient intake per individual in a day, low-income households (tables 8A to 8B)</u>	
8A	All individuals, spring 1985 and spring 1986	94
8B	By Food Stamp Program status, spring 1986	96
	<u>Types of special diets, low-income households (tables 9A to 9B)</u>	
9A	All individuals, spring 1985 and spring 1986	98
9B	By Food Stamp Program status, spring 1986	99

Table Number	Table Title	Page
	<u>Use of vitamin and mineral supplements: Percentage of individuals using supplements, low-income households (tables 10A to 10B)</u>	
10A	All individuals, spring 1985 and spring 1986	100
10B	By Food Stamp Program status, spring 1986	101
	<u>Characteristics of the adult female respondents: low-income households (tables 11.1A to 11.5B)</u>	
11.1A	Physiological status, employment status, and educational level, spring 1985 and spring 1986	102
11.1B	Physiological status, employment status, and educational level, by Food Stamp Program status, spring 1986	103
11.2A	Physiological status and race, spring 1985 and spring 1986	104
11.2B	Physiological status and race, by Food Stamp Program status, spring 1986	105
11.3A	Physiological status and household income as a percentage of poverty, spring 1985 and spring 1986 ...	106
11.3B	Physiological status and household income as a percentage of poverty, by Food Stamp Program status, spring 1986	107
11.4A	Physiological status and number of children 1 to 18 years of age in the household, spring 1985 and spring 1986	108
11.4B	Physiological status and number of children 1 to 18 years of age in the household, by Food Stamp Program status, spring 1986	109

Table Number	Table Title	Page
11.5A	Physiological status and number of children 1 to 5 years of age in the household, spring 1985 and spring 1986	110
11.5B	Physiological status and number of children 1 to 5 years of age in the household, by Food Stamp Program status, spring 1986	111
<u>Characteristics of the children's mother/caretaker:</u> <u>low-income households (tables 12A to 12B)</u>		
12A	Spring 1985 and spring 1986.....	112
12B	By Food Stamp Program status	113
<u>Distribution of individuals by characteristics of the</u> <u>male head of household: low-income households,</u> <u>(tables 13.1A to 13.2B)</u>		
13.1A	Age and employment status, spring 1986 and spring 1985	114
13.1B	Age and employment status, by Food Stamp Program status, spring 1986	115
13.2A	Educational level, spring 1986 and spring 1985	116
13.2B	Educational level, by Food Stamp Program status, spring 1986	117

Table Number	Table Title	Page
	<u>Distribution of individuals by selected household characteristics: (tables 14.1A to 14.5B)</u>	
14.1A	Urbanization and region, spring 1985 and spring 1986 ...	118
14.1B	Urbanization and region, by Food Stamp Program status, spring 1986	119
14.2A	Urbanization and race, spring 1985 and spring 1986	120
14.2B	Urbanization and race, by Food Stamp Program status, spring 1986	121
14.3A	Region and race, spring 1985 and spring 1986	122
14.3B	Region and race, by Food Stamp Program status, spring 1986	123
14.4A	Household income and race, spring 1985 and spring 1986	124
14.4B	Household income and race, by Food Stamp Program status, spring 1986	125
14.5A	Household size and race, spring 1985 and spring 1986 ...	126
14.5B	Household size and race, by Food Stamp Program status, spring 1986	128
	<u>Household size and household income as a percentage of poverty: low-income households, (tables 15A to 15B)</u>	
15A	Spring 1985 and spring 1986	130
15B	By Food Stamp Program status, spring 1986	131

Table Number	Table Title	Page
	<u>Household composition and selected household characteristics: low-income households, (tables 16.1A to 16.4B)</u>	
16.1A	Race, spring 1985 and spring 1986	132
16.1B	Race, by Food Stamp Program status, spring 1986	133
16.2A	Number of children 1 to 18 years of age in the household, spring 1985 and spring 1986	134
16.2B	Number of children 1 to 18 years of age in the household, by Food Stamp Program status, spring 1986	134
16.3A	Number of children 1 to 5 years of age in the household, spring 1985 and spring 1986	135
16.3B	Number of children 1 to 5 years of age in the household, by Food Stamp Program status, spring 1986	135
16.4A	Household income as a percentage of poverty, spring 1985 and spring 1986	136
16.4B	Household income as a percentage of poverty, Food Stamp Program status, spring 1986	137
	<u>Characteristics of the household's male head and household income as a percentage of poverty: low-income households (tables 17A and 17B)</u>	
17A	Spring 1985 and spring 1986	138
17B	By Food Stamp Program status, spring 1986	139

CSFII: Low-Income Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1986

*by the Nutrition Monitoring Division
Human Nutrition Information Service*

Introduction

This publication provides data on 1-day food and nutrient intakes by low-income women 19 to 50 years of age and their children 1 to 5 years of age surveyed in the spring of 1986. The data were collected using a 1-day dietary recall as part of the 1986 Continuing Survey of Food Intakes by Individuals (CSFII 1986) conducted by the U.S. Department of Agriculture (USDA). The data from the CSFII 1986 are compared with similar data collected in 1985 (CSFII 1985).

Individuals contacted as part of the CSFII 1986 were asked to provide 6 separate days of dietary data at intervals of approximately 2 months over a 1-year period. The first day of data was collected using a personal interview; subsequent days of data were collected by telephone when possible.

CSFII 1986 data presented in this publication were collected by personal interview. Interviewing began in April and continued into June of 1986. Comparable data from the CSFII 1985 were collected April through June of 1985. The sampling, data collection, and data processing procedures used for the CSFII 1986 were the same as those used for the CSFII 1985. Appendix A provides information on these procedures.

The CSFII 1986 was designed to provide a stratified area probability sample in the 48 conterminous States.

The sampling units for the survey were the household and individuals within a sample household. The household screening procedures were designed to provide two separate samples: (1) women 19 to 50 years of age of all incomes and their children 1 to 5 years of age; and (2) low-income women and their children in the same age ranges.

Eligibility for the low-income survey was based on household income. Women 19 to 50 years of age and their children 1 to 5 years of age residing in households having income before taxes for the previous month at or below 130 percent of the appropriate poverty guideline (1) were eligible for participation. This income level was selected because nonelderly households that have income at or below 130 percent of the poverty guidelines meet one of the income criteria for participating in the Food Stamp Program. However, not all households meeting the income criteria are eligible for food stamps; other criteria, such as asset limitations, must also be met. This survey screened households for income level only, not for food stamp eligibility. Respondents reported whether or not they participated in the Food Stamp Program. Data are provided for all low-income individuals and for Food Stamp Program participants and nonparticipants.

National Analysts (a division of Booz, Allen and Hamilton, Inc.), a private firm in Philadelphia, PA, conducted the CSFII 1986 under contract with the Human Nutrition Information Service (HNIS), USDA. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; and prepared the final data tape. HNIS defined the information to be collected; provided technical

information such as food codes, gram weights of household measures of food, and the nutrient composition of foods; and monitored all aspects of the contract. National Analysts also conducted the CSFII 1985.

This publication is the second of four that will report results from the CSFII 1986. The first publication provided 1-day dietary data for women and children of all incomes (2). Future publications will provide multiple days of dietary data for the sample of women and children of all incomes and for the sample of low-income women and children.

The CSFII was initiated in 1985 to provide timely information on the food content and nutritional adequacy of diets of selected population groups and to provide early indications of dietary changes. It is a major component of the National Nutrition Monitoring System, a set of related Federal activities intended to provide regular information on the nutritional status of the U.S. population (3). The CSFII complements the larger nationwide food consumption surveys conducted by USDA approximately every 10 years.

Selected Results

Food Intakes

In the spring of 1986, low-income women reported food intakes for themselves and their children that were similar to those reported by a comparable group of low-income women and children in the spring of 1985 (text table A). Exceptions to this generalization were the intake of lowfat and skim milk by women and the intakes of lowfat and skim milk, cream and milk desserts, citrus fruits and juices, and grain mixtures by children.¹

The mean intake of lowfat and skim milk by low-income women increased from 46 grams in 1985 to 75 grams in 1986 (table 1.2-A1). The proportion of low-income women who drank lowfat and skim milk increased from 15 percent in 1985 to 20 percent in 1986 (table 1.2-A2). There was no substantial change in the intake of whole milk by low-income women or in the percentage of these women using whole milk.

Low-income children's mean intake of whole milk increased from 263 grams in 1985 to 282 grams in 1986, and their mean intake of lowfat and skim milk increased from 78 grams to 117 grams. The proportion of children drinking any fluid milk increased from 85 to 90 percent during the same period. The mean intake of cream and milk desserts by low-income children decreased from 20 grams in 1985 to 12 grams

¹ Apparent differences in food intake between surveys may be attributable to actual changes in food intakes or to sampling variability.

in 1986. In 1985, 20 percent of children used cream or milk desserts, compared with 13 percent in 1986.

The mean intake of citrus fruits and juices by low-income children increased between 1985 and 1986 from 52 grams to 69 grams, while the proportion of children eating items from this category increased from 26 to 32 percent (tables 1.4-A1 and -A2). The mean intake of grain mixtures by children was substantially larger in 1986 than in 1985 (105 grams and 68 grams, respectively) (table 1.5-A1). The proportion of children eating grain mixtures was 42 percent in 1986, compared with 35 percent in 1985 (table 1.5-A2).

Low-income women and children who lived in households that participated in the Food Stamp Program (FSP) had mean intakes of total meat, poultry, and fish that were similar to those of low-income women and children who lived in households that did not participate (NFSP).² One exception to this was the substantially lower intake of beef by FSP

² Readers are cautioned that this survey was designed to measure dietary intakes of the low-income population, not to measure the adequacy of the Food Stamp Program. Factors other than program participation, such as income and the size or composition of the household, may cause differences in dietary intake. For example, FSP households had a median income for the previous year that was 56 percent of the poverty guidelines; NFSP households had a median income of 108 percent. Further analyses of the data will assess the effects of FSP participation more extensively than the summary statistics reported here.

Text table A--Mean intakes of selected foods by low-income women 19 to 50 years and children 1 to 5 years and percentages of individuals using these foods, 1 day, spring 1985 and spring 1986

Food group/subgroup	Women				Children			
	Mean		Individuals		Mean		Individuals	
	intakes		using		intakes		using	
	1985	1986	1985	1986	1985	1986	1985	1986
	---grams---		--percent--		---grams---		--percent--	
Total meat, poultry, and fish..	174	172	87	88	112	115	87	88
Meat mixtures	75	73	32	30	48	47	32	30
Beef.....	26	25	23	22	15	14	20	19
Frankfurters, sausages, and luncheon meats	15	16	25	27	16	20	32	36
Pork	18	17	24	23	9	10	20	22
Poultry.....	21	25	18	21	15	16	21	20
Fish and shellfish	11	9	8	8	5	4	7	7
Total fluid milk.....	150	175	51	53	342	401	85	90
Whole	103	99	35	34	263	282	65	66
Lowfat and skim.....	46	75	15	20	78	117	22	25
Cream and milk desserts.....	15	13	14	12	20	12	20	13
Eggs	23	23	29	29	21	25	33	38
Total vegetables.....	149	157	75	77	91	98	75	72
Total fruits	98	102	36	39	162	156	57	60
Citrus fruits and juices	54	55	21	22	52	69	26	32
Total grain products	207	199	91	92	202	239	98	98
Grain mixtures	70	70	25	25	68	105	35	42
Total carbonated soft drinks...	277	278	50	48	70	67	28	26
Regular	222	219	42	38	65	64	25	24
Low-calorie.....	55	59	10	12	6	3	3	2

children compared with NFSP children (table 1.1-B1). In general, FSP children had slightly higher intakes of the other meat, poultry, and fish subgroups than did NFSP children.

In the spring of 1986, the mean intake of milk and milk products by FSP women was 193 grams, compared with 233 grams for NFSP women (table 1.2-B1). FSP and NFSP children had similar intakes of total milk and milk products and of total fluid milk. FSP children had a higher intake of whole milk and a lower intake of lowfat and skim milk than NFSP children.

FSP women had a mean intake of vegetables of 167 grams; NFSP women had a mean intake of 150 grams (table 1.3-B1). A lower proportion of FSP women than of NFSP women ate a least one vegetable item during the surveyed day (75 and 79 percent, respectively) (table 1.3-B2). FSP children had a mean intake of vegetables of 110 grams; NFSP children, 87 grams. A higher proportion of FSP than of NFSP children ate at least one vegetable item (74 percent and 69 percent, respectively).

FSP and NFSP women had similar mean intakes of fruit (101 grams and 103 grams, respectively) (table 1.4-B1). Also, the proportions of FSP and NFSP women reporting fruit on the surveyed day was similar (38 and 40 percent, respectively) (table 1.4-B2). The mean intake of fruits by FSP children was 144 grams; by NFSP children, 168 grams. Also, a lower proportion of FSP than of NFSP children ate fruit (57 percent and 62 percent, respectively).

The mean intake of grain products by FSP women was 208 grams, compared with the mean intake for NFSP

women of 193 grams (table 1.5-B1). Most of the difference was due to grain mixtures. FSP and NFSP children had similar intakes of total grain products.

The mean intakes of beverages by FSP women was 755 grams; the mean intake by NFSP women was 785 grams (table 1.6-B1). The same proportions of FSP and NFSP women drank beverages on the surveyed day (86 percent) (table 1.6-B2). FSP women drank about the same amount of carbonated soft drinks as did NFSP women, but less tea and alcoholic beverages. The proportion of FSP children drinking carbonated beverages was 24 percent, compared with 28 percent of NFSP children.

Nutrient Intakes

In the spring of 1986, low-income women reported food intakes that provided a mean of 1,539 kilocalories, just slightly less than the 1,574 kilocalories reported by low-income women in the spring of 1985 (table 2.1A). The mean energy intake by children in the spring of 1986 was 1,522 kilocalories, compared with 1,404 kilocalories a year earlier. In 1986, FSP women had a food energy intake of 1,508 kilocalories, compared with 1,561 kilocalories by NFSP women (table 2.1B). FSP and NFSP children had similar energy intakes (1,522 and 1,521 kilocalories, respectively).

In 1986, low-income women's intakes of all nutrients, expressed as percentages of the 1980 Recommended Dietary Allowances (RDA) (4), were about the same or slightly lower than those in 1985 (table 3.1A). Exceptions to this were calcium and phosphorus, which were higher in 1986 than in 1985. In both 1985 and

1986, low-income women's mean intakes were above the RDA for 8 of the 15 nutrients examined. Intakes were below the RDA for vitamin B-6, calcium, magnesium, iron, vitamin E, folacin, and zinc in both years.

Nutrient intakes that were below the RDA for all low-income women were also below the RDA when the women were classified by income or race (see text table B). Intakes by low-income black women were substantially below those of low-income white women, however. White women's intakes were about the same in 1986 as in 1985, but black women's intakes of all seven nutrients were lower in 1986 than in 1985.

Low-income children's intakes of food energy and nutrients, expressed as percentages of the 1980 RDA, were generally the same or higher in 1986 than in 1985. Children's mean intakes in 1986 met the RDA for all nutrients except iron and zinc, for which their intakes were 88 percent and 86 percent, respectively. In 1985, low-income children's intakes were also below the RDA for iron (84 percent) and zinc (76 percent) and slightly below for food energy (97 percent) and calcium (96 percent) as well.

Mean nutrient intakes by FSP women, expressed as percentages of the 1980 RDA, were about the same as or slightly lower than those by NFSP women (table 3.1B). An exception to this was the intake of vitamin E, which was higher for FSP women. Both FSP and NFSP women had mean intakes that met the RDA for 8 of the 15 nutrients studied. Women's mean intakes that were below the RDA for food energy and seven nutrients are shown below by FSP status.

<u>Food Stamp Program</u>		
	<u>Participants</u>	<u>Nonparticipants</u>
	<u>-----percentage of RDA-----</u>	
Food energy.....	74	76
Vitamin B-6	56	57
Calcium.....	73	77
Magnesium.....	63	65
Iron.....	57	56
Vitamin E.....	86	75
Folacin	45	45
Zinc.....	58	57

Mean intakes by FSP and NFSP children met the RDA for food energy and for 13 of the 15 nutrients studied. Their intakes were below the RDA only for iron (90 percent for FSP children and 86 percent for NFSP children) and zinc (87 percent and 86 percent).

A mean intake below the RDA does not necessarily mean that individuals in the group were malnourished. Nutrient requirements for individuals differ, and the RDA are set high enough to meet the requirements of nearly all healthy individuals in a given sex and age group in the population. Thus, the RDA for nutrients exceed the requirements of many individuals. Although intakes below the RDA for a nutrient are not necessarily inadequate, the risk of some individuals' having inadequate intakes increases as the mean intake for their group falls further below the RDA.

Text table B--Mean intakes in 1 day of nutrients below the 1980 RDA by low-income women 19 to 50 years of age, by income level and by race, spring 1986

Income level and race	Vitamin B-6	Calcium	Magne- sium	Iron	Vita- min E	Fola- cin	Zinc
	-----percentage of RDA-----						
Income level:							
Under 76% of poverty..	56	70	62	57	83	45	58
76-130% of poverty	55	82	64	56	76	44	59
Race:							
White	57	83	68	57	84	46	58
Black	50	53	50	50	64	40	52
All women	57	75	64	57	80	45	58

There was no change in estimated intakes of dietary fiber or copper for low-income women or children between 1985 and 1986 (table 2.1A). In both 1985 and 1986, dietary fiber intakes were 10 grams for low-income women and 9 grams for children; these results are based on limited information on the dietary fiber content of foods. Copper intakes were 1.0 milligrams for women and 0.8 milligrams for children in both years, well below the ranges of intakes recommended by the Food and Nutrition Board, National Academy of Sciences.³ Estimated sodium intake by low-income women in 1986 (2,454 milligrams) was similar to the 1985 intake and was within the range recommended by the Food and Nutrition Board but the children's intake in 1986 was higher than in 1985 (2,388 milligrams versus 2,044 milligrams). In both years, low-income children's sodium intake was well above the recommended range (450 to 1,350 milligrams). These results represent minimum estimates of sodium intake because they do not include sodium from salt added at the table. (Table salt has 484 milligrams of sodium per one-fourth teaspoon.)

For both low-income women and children, the percentages of food energy provided by protein, fat, and carbohydrate in 1986 were similar to the percentages in 1985, as shown below:

³The recommended range for adults is 2.0 to 3.0 milligrams; for children age 1 to 3 years, 1.0 to 1.5 milligrams; for children age 4 to 6 years, 1.5 to 2.0 milligrams (4).

	Women		Children	
	1985	1986	1985	1986
	-----percent-----			
Protein.....	16	17	16	16
Fat.....	36	36	36	37
Carbohydrate.....	48	47	50	48

The percentages of food energy provided by protein, fat, and carbohydrate did not differ by Food Stamp Program status (table 5B).

Eating Patterns

In 1986, three times a day was the frequency of eating most often reported by low-income women (32 percent), whereas four times a day was the frequency most often reported for low-income children (31 percent) (table 6A). This pattern was true for both FSP and NFSP women and children (table 6B).

A slightly lower proportion of low-income women identified one or more of their eating occasions as a snack in 1986 compared with 1985 (63 percent and 68 percent, respectively) (table 7A). In 1986, snacks by women contributed 14 percent of their food energy intake and 8 to 14 percent of their intakes of the vitamins and minerals studied. Of the children, 72 percent consumed one or more snacks in 1986,

compared with 74 percent in 1985. In 1986, children obtained 16 percent of their food energy intake and 8 to 18 percent of their intakes of vitamins and minerals from snacks.

Snacks were consumed by a lower proportion of FSP women (60 percent) than of NFSP women (66 percent), and a lower proportion of FSP children (68 percent) than of NFSP children (75 percent) (table 7B). Snacks generally provided an equal or slightly lower proportion of the day's food energy, vitamins, and minerals for FSP women and children than for NFSP women and children.

In 1986 and 1985, similar percentages of low-income women obtained and ate food away from home (37 and 39 percent, respectively) (table 8A). The percentages of low-income children eating food away from home were also similar in 1986 and 1985 (30 percent and 32 percent, respectively). Energy and nutrient intakes from food obtained and eaten away from home were similar in 1985 and 1986 for both women and children.

In 1986, 30 percent of FSP women and 43 percent of NFSP women reported eating food away from home (table 8B). Reflecting these differences, food eaten away from home contributed lower proportions of the day's intakes of food energy, vitamins, and minerals for FSP women (12 to 14 percent) than for NFSP women (18 to 21 percent). A smaller proportion of FSP children than of NFSP children ate food away from home in 1986 (24 percent versus 37 percent), and this food accounted for a smaller proportion of the day's intakes of food energy, vitamins, and minerals for FSP

children (7 to 10 percent) than for NFSP children (12 to 17 percent).

In 1986, 14 percent of low-income women reported that they were on a special diet (table 9A). Half of these women reported a low-calorie or weight-loss diet.

Supplements

Of the low-income women surveyed in 1986, 45 percent used some type of vitamin or mineral supplement regularly or occasionally (table 10A). Forty-one percent of low-income women in 1985 used supplements. In 1985 and 1986, similar percentages of low-income children 1 to 5 years old used supplements (44 percent and 45 percent, respectively). Vitamin and mineral supplements were used by a lower percentage of FSP than of NFSP women (39 versus 49 percent) (table 10B). Supplements were used by 44 percent of FSP children and 47 percent of NFSP children.

The nutrient intakes reported in the tables do not include nutrients contributed by supplements.

Table 1.1-A1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, Low-Income Households,
Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Meat, Poultry, Fish		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---											
---Grams---												
Children:												
1-3.....	806	484	107	105	13	13	9	8	1	1	(*)	1
4-5.....	509	332	119	129	17	16	10	12	1	1	(*)	(*)
All.....	1,314	816	112	115	15	14	9	10	1	1	(*)	(*)
Women:												
19-34.....	1,382	863	179	174	26	26	18	17	1	1	2	1
35-50.....	738	466	165	169	28	24	19	18	1	1	2	1
All.....	2,120	1,329	174	172	26	25	18	17	1	1	2	1
	Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish			
			Total		Chicken							
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
---Grams---												
Children:												
1-3.....	15	20	16	16	14	14	5	4	45	41		
4-5.....	18	21	14	17	13	17	4	5	51	56		
All.....	16	20	15	16	14	15	5	4	48	47		
Women:												
19-34.....	16	16	21	25	19	22	11	8	80	76		
35-50.....	13	14	21	25	19	24	10	11	66	68		
All.....	15	16	21	25	19	23	11	9	75	73		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.1-A2.--Meat, Poultry, Fish: Percentage of Individuals Using, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Meat, Poultry, Fish		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
<div> <div>---Number---</div> <div>-----Percent-----</div> </div>												
Children:												
1-3.....	806	484	86.2	87.5	19.0	17.6	19.7	22.2	1.3	1.0	0.7	1.0
4-5.....	509	332	88.2	89.7	22.5	20.2	19.7	21.9	1.5	.8	1.0	.2
All.....	1,314	816	86.9	88.4	20.3	18.6	19.7	22.0	1.4	.9	.9	.7
Women:												
19-34.....	1,382	863	87.0	90.3	22.6	22.4	23.8	23.4	1.0	.6	.9	1.0
35-50.....	738	466	87.5	85.2	24.4	20.0	23.9	22.1	1.8	1.2	1.6	1.4
All.....	2,120	1,329	87.2	88.5	23.2	21.5	23.8	22.9	1.3	.8	1.2	1.1
<div> <div>Frankfurters, Sausages, Luncheon Meats</div> <div> <div>Poultry</div> <div> <div>Total</div> <div>Chicken</div> </div> </div> <div>Fish and Shellfish</div> <div> <div>Mixtures Mainly Meat, Poultry, Fish</div> </div> </div>												
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Percent-----												
Children:												
1-3.....	30.4	36.2	21.2	20.9	18.9	19.1	7.9	7.1	31.9	28.7		
4-5.....	33.5	36.2	19.8	17.6	18.1	17.6	5.1	7.3	30.9	32.1		
All.....	31.6	36.2	20.7	19.5	18.6	18.5	6.8	7.2	31.5	30.1		
Women:												
19-34.....	25.8	28.2	17.8	21.5	16.3	18.2	7.6	7.9	33.6	31.0		
35-50.....	23.4	25.7	18.4	20.4	16.7	18.7	7.2	8.2	30.4	28.6		
All.....	24.9	27.3	18.0	21.1	16.4	18.4	7.5	8.0	32.5	30.1		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.1-B1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Total Meat, Poultry, Fish		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---												
-----Grams-----												
Children:												
1-3.....	235	249	98	113	7	19	7	10	1	1	(*)	1
4-5.....	167	165	139	119	10	22	15	8	0	3	(*)	0
All.....	403	414	115	115	8	20	10	9	(*)	2	(*)	1
Women:												
19-34.....	374	488	173	174	21	29	20	14	1	1	1	2
35-50.....	169	297	160	174	26	22	13	20	2	1	1	2
All.....	544	785	169	174	23	27	18	17	1	1	1	2
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												
-----Grams-----												

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.1-B2.--Meat, Poultry, Fish: Percentage of Individuals Using, by Food Stamp Program Status,
Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Total Meat, Poultry, Fish		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---

-----Percent-----

Children:

1-3.....	235	249	87.2	87.9	12.1	22.8	18.6	25.6	0.9	1.0	0.5	1.5
4-5.....	167	165	90.8	88.6	12.7	27.7	21.9	21.9	.0	1.6	.4	.0
All.....	403	414	88.7	88.1	12.4	24.8	19.9	24.1	.5	1.3	.5	.9

Women:

19-34.....	374	488	90.4	90.3	18.9	25.0	25.0	22.1	.6	.7	.6	1.2
35-50.....	169	297	81.4	87.3	19.8	20.1	18.3	24.2	2.7	.4	.7	1.8
All.....	544	785	87.6	89.1	19.2	23.2	23.0	22.9	1.3	.6	.6	1.5

Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish	
		Total		Chicken					
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Percent-----

Children:

1-3.....	39.9	32.8	21.7	20.1	19.9	18.4	11.7	2.8	28.1	29.2
4-5.....	37.0	35.3	18.8	16.3	18.8	16.3	8.8	5.8	34.6	29.6
All.....	38.7	33.8	20.5	18.6	19.4	17.6	10.5	4.0	30.8	29.4

Women:

19-34.....	30.8	26.1	21.9	21.2	19.4	17.3	7.7	8.1	28.8	32.6
35-50.....	24.9	26.2	20.1	20.6	18.5	18.8	5.8	9.6	27.7	29.0
All.....	29.0	26.2	21.4	21.0	19.2	17.8	7.1	8.7	28.4	31.3

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.2-A1.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Milk and Milk Products											
	Individuals		Total Milk and Milk Products		Total Milk and Milk Products		Fluid Milk					
							Total		Whole		Lowfat/Skim	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
<div> <div>Calcium</div> <div> <div>Number</div> <div>Grams</div> <div>Equivalents</div> <div>Grams</div> </div> </div>												
Children:												
1-3.....	806	484	401	467	438	516	359	423	277	306	81	114
4-5.....	509	332	369	419	407	484	315	368	241	247	73	121
All.....	1,314	816	388	448	426	503	342	401	263	282	78	117
Women:												
19-34.....	1,382	863	215	240	261	294	172	198	119	113	52	84
35-50.....	738	466	143	173	173	218	109	133	73	74	34	58
All.....	2,120	1,329	190	217	230	267	150	175	103	99	46	75
<div> <div>Milk and Milk Products</div> <div> <div>Yogurt</div> <div>Cream and Milk Desserts</div> <div>Cheese</div> <div>Eggs</div> <div>Legumes, Nuts, Seeds</div> </div> </div>												
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
Grams												
Children:												
1-3.....	3	2	20	11	10	12	23	24	25	23		
4-5.....	3	3	18	15	12	15	19	26	17	18		
All.....	3	3	20	12	10	13	21	25	22	21		
Women:												
19-34.....	3	4	14	16	13	11	24	22	24	18		
35-50.....	3	1	15	9	9	17	20	25	21	30		
All.....	3	3	15	13	12	13	23	23	23	22		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.2-A2.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Milk and Milk Products									
	Individuals		Total Milk and Milk Products		Fluid Milk					
					Total		Whole		Lowfat/Skim	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
---Number---										
-----Percent-----										
Children:										
1-3.....	806	484	92.2	94.0	86.4	90.5	65.5	66.6	22.9	25.2
4-5.....	509	332	91.9	93.0	83.3	88.5	64.9	65.4	19.6	25.5
All.....	1,314	816	92.1	93.6	85.2	89.7	65.3	66.1	21.6	25.3
Women:										
19-34.....	1,382	863	70.4	70.3	53.0	56.4	36.9	37.6	15.9	19.8
35-50.....	738	466	66.8	64.0	46.8	47.7	31.4	26.9	14.0	19.3
All.....	2,120	1,329	69.1	68.1	50.8	53.4	35.0	33.8	15.2	19.6
-----Percent-----										
Milk and Milk Products										
Yogurt		Cream and Milk Desserts		Cheese		Eggs		Legumes, Nuts, Seeds		
1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	
-----Percent-----										
Children:										
1-3.....	2.3	1.5	21.0	11.6	24.9	28.6	33.5	38.2	33.1	29.3
4-5.....	1.4	.8	17.8	14.2	26.2	22.7	31.8	39.1	28.1	31.3
All.....	2.0	1.2	19.7	12.7	25.4	26.2	32.8	38.5	31.2	30.1
Women:										
19-34.....	1.2	1.5	15.6	14.1	26.6	24.8	30.9	27.1	21.5	18.2
35-50.....	1.3	.6	12.5	9.6	19.8	22.8	26.4	32.2	17.7	17.2
All.....	1.3	1.2	14.5	12.5	24.2	24.1	29.3	28.9	20.2	17.9

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.2-B1.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Milk and Milk Products											
	Individuals		Total Milk and Milk Products				Fluid Milk					
			Total Milk and Milk Products		Total Milk and Milk Products		Total		Whole		Lowfat/Skim	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Calcium												
---Number--- ---Grams--- ---Equivalents--- ---Grams---												
Children:												
1-3.....	235	249	450	484	504	528	414	433	312	301	102	126
4-5.....	167	165	437	401	513	454	386	349	266	227	119	123
All.....	403	414	444	451	508	498	402	399	293	271	109	125
Women:												
19-34.....	374	488	209	264	260	320	176	215	108	117	66	99
35-50.....	169	297	158	182	186	237	136	131	71	75	64	55
All.....	544	785	193	233	237	289	164	184	97	101	65	82
	Milk and Milk Products						Eggs		Legumes, Nuts, Seeds			
	Yogurt		Cream and Milk Desserts		Cheese							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Grams												
Children:												
1-3.....	1	4	8	13	12	11	22	26	26	21		
4-5.....	3	3	10	19	20	10	32	21	23	12		
All.....	2	3	9	16	16	11	26	24	25	17		
Women:												
19-34.....	2	5	13	17	12	11	22	22	19	17		
35-50.....	2	1	5	11	11	20	23	26	32	28		
All.....	2	4	11	15	11	15	22	23	23	22		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.2-B2.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Milk and Milk Products									
	Individuals		Total Milk and Milk Products		Fluid Milk					
					Total		Whole		Lowfat/Skim	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---										
-----Percent-----										
Children:										
1-3.....	235	249	91.9	96.0	90.0	91.0	67.3	65.8	23.8	26.5
4-5.....	167	165	93.0	93.0	86.6	90.4	64.0	66.8	24.9	26.1
All.....	403	414	92.3	94.8	88.6	90.7	65.9	66.2	24.3	26.3
Women:										
19-34.....	374	488	66.9	72.9	56.1	56.6	39.3	36.3	16.3	22.5
35-50.....	169	297	62.9	64.6	50.1	46.4	29.5	25.4	20.2	18.7
All.....	544	785	65.6	69.8	54.2	52.7	36.2	32.2	17.5	21.1
-----Percent-----										
	Milk and Milk Products									
	Yogurt		Cream and Milk Desserts		Cheese		Eggs		Legumes, Nuts, Seeds	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----										
Children:										
1-3.....	1.1	1.8	8.8	14.3	21.9	35.0	37.9	38.4	32.0	26.7
4-5.....	.4	1.2	10.3	18.2	21.1	24.3	43.3	34.9	35.6	27.0
All.....	.8	1.6	9.4	15.8	21.6	30.8	40.1	37.0	33.5	26.8
Women:										
19-34.....	.7	2.2	11.2	16.4	23.2	26.0	29.4	25.3	16.6	19.4
35-50.....	.6	.5	6.5	11.3	18.8	25.1	33.2	31.7	19.8	15.8
All.....	.7	1.5	9.8	14.5	21.8	25.6	30.6	27.7	17.6	18.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.3-A1.--Vegetables: Mean Intakes per Individual in a Day,
Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	1985	1986	1985	1986	1985	1986	1985	1986
	Number		Grams					
Children:								
1-3.....	806	484	245	251	85	99	33	39
4-5.....	509	332	265	258	100	97	39	38
All.....	1,314	816	253	254	91	98	35	38
Women:								
19-34.....	1,382	863	250	259	146	159	55	55
35-50.....	738	466	243	260	155	152	49	52
All.....	2,120	1,329	247	259	149	157	53	54
	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	1985	1986	1985	1986	1985	1986	1985	1986
	Grams							
Children:								
1-3.....	11	9	3	3	2	3	36	45
4-5.....	15	9	6	7	4	4	36	40
All.....	12	9	4	5	3	4	36	43
Women:								
19-34.....	19	18	6	10	5	5	62	71
35-50.....	17	26	12	11	6	5	71	59
All.....	18	21	8	11	5	5	65	67

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1985 and 1986.

Table 1.3-A2.--Vegetables: Percentage of Individuals Using, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	1985	1986	1985	1986	1985	1986	1985	1986
-----Number-----								
-----Percent-----								
Children:								
1-3.....	806	484	88.5	85.7	74.3	70.9	45.9	44.7
4-5.....	509	332	86.0	84.8	75.4	72.4	47.4	41.1
All.....	1,314	816	87.5	85.3	74.7	71.5	46.5	43.2
Women:								
19-34.....	1,382	863	82.4	85.8	75.7	77.3	42.7	40.8
35-50.....	738	466	80.9	83.2	73.3	77.7	38.6	39.2
All.....	2,120	1,329	81.8	84.9	74.9	77.4	41.3	40.2

	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	1985	1986	1985	1986	1985	1986	1985	1986

-----Percent-----								
Children:								
1-3.....	24.9	18.4	3.8	3.9	5.5	5.8	45.4	42.6
4-5.....	26.8	19.3	6.7	6.5	7.2	10.0	44.9	50.2
All.....	25.6	18.7	4.9	5.0	6.2	7.5	45.2	45.7
Women:								
19-34.....	27.6	27.5	4.9	8.6	7.1	6.8	54.6	54.9
35-50.....	22.2	25.3	6.7	7.1	7.1	5.5	57.7	55.2
All.....	25.7	26.7	5.5	8.1	7.1	6.3	55.7	55.0

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1985 and 1986.

Table 1.3-B1.--Vegetables: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----								
-----Grams-----								
Children:								
1-3.....	235	249	258	246	109	89	42	36
4-5.....	167	165	248	268	111	83	42	34
All.....	403	414	254	255	110	87	42	35
Women:								
19-34.....	374	488	268	252	165	155	49	60
35-50.....	169	297	267	256	171	141	57	50
All.....	544	785	268	253	167	150	51	56
-----Grams-----								
	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Children:								
1-3.....	11	7	5	2	1	5	49	40
4-5.....	9	9	11	2	3	6	46	33
All.....	10	8	7	2	2	5	48	37
Women:								
19-34.....	19	18	15	7	5	6	78	65
35-50.....	35	20	8	12	6	4	65	55
All.....	24	19	13	9	5	5	74	62

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1986.

Table 1.3-B2.--Vegetables: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----								
-----Percent-----								
Children:								
1-3.....	235	249	87.7	83.8	73.7	68.2	41.9	47.3
4-5.....	167	165	85.3	84.3	74.6	70.1	38.2	44.1
All.....	403	414	86.7	84.0	74.1	68.9	40.4	46.0
Women:								
19-34.....	374	488	82.4	88.4	73.3	80.4	36.1	44.4
35-50.....	169	297	86.0	81.6	79.2	76.8	39.5	39.0
All.....	544	785	83.5	85.8	75.1	79.1	37.2	42.3
-----Percent-----								
Children:								
1-3.....	19.0	17.8	4.5	3.4	2.2	9.1	49.4	36.2
4-5.....	21.5	17.0	8.8	4.2	7.7	12.4	52.7	47.8
All.....	20.1	17.5	6.3	3.7	4.5	10.4	50.8	40.8
Women:								
19-34.....	25.3	29.2	9.1	8.3	4.0	8.9	53.8	55.8
35-50.....	28.3	23.5	4.5	8.6	4.7	5.9	56.9	54.2
All.....	26.2	27.1	7.7	8.4	4.2	7.7	54.8	55.2

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1986.

Table 1.4-A1.--Fruits: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Number-----Grams-----										
Children:										
1-3.....	806	484	160	153	52	72	45	61	1	1
4-5.....	509	332	165	161	53	64	44	52	1	(*)
All.....	1,314	816	162	156	52	69	45	58	1	(*)
Women:										
19-34.....	1,382	863	104	99	56	52	49	42	1	1
35-50.....	738	466	88	108	50	59	41	48	(*)	(*)
All.....	2,120	1,329	98	102	54	55	46	44	(*)	1
Other Fruits, Mixtures, Juices										
	Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Grams-----										
Children:										
1-3.....	107	81	19	18	11	12	22	16	56	34
4-5.....	111	96	28	26	10	5	17	24	57	41
All.....	109	87	22	21	11	9	20	15	56	37
Women:										
19-34.....	47	46	10	10	4	6	17	16	15	15
35-50.....	38	48	11	10	7	7	14	19	6	12
All.....	44	47	11	10	5	6	16	17	12	14

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.4-A2.--Fruits: Percentage of Individuals Using, Low-Income Households,
Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Number-----										
-----Percent-----										
Children:										
1-3.....	806	484	58.3	60.4	27.4	32.5	23.6	27.3	1.8	1.1
4-5.....	509	332	54.2	58.4	23.8	30.1	19.4	23.9	1.0	.8
All.....	1,314	816	56.7	59.6	26.0	31.5	22.0	25.9	1.5	1.0
Women:										
19-34.....	1,382	863	36.2	38.7	20.7	20.8	17.2	15.6	.9	1.6
35-50.....	738	466	37.0	40.5	21.2	23.8	16.5	18.9	1.0	.4
All.....	2,120	1,329	36.5	39.4	20.9	21.9	17.0	16.8	.9	1.1
Other Fruits, Mixtures, Juices										
Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars		
1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	
-----Percent-----										
Children:										
1-3.....	43.0	41.5	14.8	14.1	11.4	13.0	14.5	15.8	18.5	15.5
4-5.....	41.1	42.4	18.3	14.9	8.3	5.1	11.1	18.8	15.8	15.2
All.....	42.3	41.9	16.2	14.4	10.2	9.8	13.2	17.0	17.4	15.4
Women:										
19-34.....	21.2	23.2	6.5	6.7	4.0	5.0	9.4	10.5	5.6	5.4
35-50.....	22.3	24.3	7.7	7.0	6.7	5.8	8.5	10.5	2.6	3.7
All.....	21.6	23.6	6.9	6.8	4.9	5.3	9.1	10.5	4.6	4.8

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income,
1985 and 1986.

Table 1.4-B1.--Fruits: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----Grams-----										
Children:										
1-3.....	235	249	149	157	75	69	64	59	1	(*)
4-5.....	167	165	136	185	55	74	44	61	(*)	(*)
All.....	403	414	144	168	66	71	56	60	(*)	(*)
Women:										
19-34.....	374	488	103	96	57	49	47	39	(*)	1
35-50.....	169	297	96	114	49	64	43	51	0	(*)
All.....	544	785	101	103	54	55	46	43	(*)	1
-----Other Fruits, Mixtures, Juices-----										
	Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Grams-----										
Children:										
1-3.....	74	87	15	21	10	14	14	18	35	34
4-5.....	82	111	17	35	4	6	19	29	41	41
All.....	77	96	16	26	7	11	16	22	38	36
Women:										
19-34.....	46	47	11	9	5	7	12	20	19	11
35-50.....	46	50	9	11	5	8	15	22	17	9
All.....	46	48	10	10	5	7	13	20	18	11

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.4-B2.--Fruits: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----										
-----Percent-----										
Children:										
1-3.....	235	249	59.9	60.9	31.2	33.7	27.2	27.3	1.7	0.7
4-5.....	167	165	52.9	64.1	25.2	35.2	19.8	28.1	.3	1.2
All.....	403	414	57.0	62.1	28.7	34.3	24.1	27.7	1.1	.9
Women:										
19-34.....	374	488	38.7	38.8	19.7	21.7	15.8	15.5	.3	2.5
35-50.....	169	297	36.4	42.9	19.7	26.1	15.4	20.9	.0	.6
All.....	544	785	38.0	40.4	19.7	23.4	15.7	17.6	.2	1.8
Other Fruits, Mixtures, Juices										
Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars		
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
-----Percent-----										
Children:										
1-3.....	40.9	42.0	13.1	14.9	10.6	15.4	13.4	18.0	15.5	15.5
4-5.....	39.7	45.2	12.5	17.3	3.2	7.0	15.4	22.3	14.6	15.7
All.....	40.4	43.3	12.9	15.9	7.5	12.0	14.2	19.8	15.1	15.6
Women:										
19-34.....	24.6	22.1	7.3	6.2	4.3	5.6	9.6	11.2	6.6	4.4
35-50.....	20.2	26.7	5.4	7.9	5.2	6.1	7.7	12.1	4.6	3.2
All.....	23.3	23.8	6.7	6.9	4.5	5.8	9.0	11.5	6.0	4.0

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.5-A1.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day,
Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Grain Products													
	Individuals		Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To- Eat Cereals			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986

	Number		Grams											
Children:														
1-3.....	806	484	193	223	30	37	30	35	66	56	16	18	67	96
4-5.....	509	332	216	261	44	42	40	44	60	56	21	20	71	119
All.....	1,314	816	202	239	36	39	34	38	64	56	18	18	68	105
Women:														
19-34.....	1,382	863	217	208	42	44	42	42	57	45	8	8	76	77
35-50.....	738	466	188	183	44	41	35	40	50	47	7	5	59	56
All.....	2,120	1,329	207	199	43	43	40	41	55	45	7	7	70	70

Fats and Oils						Sugars and Sweets					
Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy	
1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986

	Grams											
Children:												
1-3.....	4	5	2	4	1	1	18	17	1	1	5	4
4-5.....	6	6	3	4	2	2	31	27	2	1	7	5
All.....	4	6	3	4	2	2	23	21	2	1	6	4
Women:												
19-34.....	10	11	4	4	6	6	18	16	5	4	5	4
35-50.....	10	11	4	4	5	7	14	17	5	4	2	4
All.....	10	11	4	4	6	6	17	17	5	4	4	4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.5-A2.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Grain Products													
	Individuals		Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To- Eat Cereals			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
---Number---														
-----Percent-----														
Children:														
1-3.....	806	484	97.8	97.9	62.5	72.2	58.1	63.1	70.9	64.5	50.3	47.8	34.3	39.6
4-5.....	509	332	99.1	99.2	73.7	75.2	61.5	68.5	69.2	65.7	55.0	53.7	35.1	44.3
All.....	1,314	816	98.3	98.4	66.8	73.4	59.4	65.3	70.2	65.0	52.1	50.2	34.6	41.5
Women:														
19-34.....	1,382	863	92.3	92.9	63.5	65.7	50.7	48.7	32.6	31.8	15.0	15.6	28.0	27.4
35-50.....	738	466	89.1	90.5	64.2	61.6	44.4	47.1	33.9	29.1	14.0	11.4	20.6	21.8
All.....	2,120	1,329	91.2	92.0	63.8	64.2	48.5	48.1	33.1	30.8	14.7	14.2	25.4	25.4
-----Percent-----														
-----Percent-----														
	Fats and Oils						Sugars and Sweets							
	Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Percent-----														
Children:														
1-3.....	38.8	50.5	31.0	41.7	11.5	14.3	48.4	48.0	21.5	20.8	15.4	10.3		
4-5.....	49.5	52.9	38.0	46.3	16.9	12.5	51.4	53.7	20.2	18.7	19.2	10.4		
All.....	42.9	51.5	33.7	43.6	13.6	13.6	49.6	50.3	21.0	19.9	16.9	10.3		
Women:														
19-34.....	50.8	55.3	32.4	36.4	24.2	25.6	52.4	44.3	35.9	30.2	9.6	8.8		
35-50.....	55.8	56.0	38.5	36.1	22.8	25.1	50.3	50.2	39.3	35.6	5.8	6.7		
All.....	52.5	55.5	34.5	36.3	23.7	25.4	51.7	46.4	37.1	32.1	8.2	8.1		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.5-B1.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Grain Products													
	Individuals		Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To- Eat Cereals			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---

---Grams---

Children:

1-3.....	235	249	225	222	38	36	39	31	57	55	17	18	91	100
4-5.....	167	165	254	268	47	38	38	50	67	46	21	19	102	135
All.....	403	414	237	240	41	37	39	38	61	51	18	19	96	114

Women:

19-34.....	374	488	220	198	42	46	42	41	45	45	7	8	91	67
35-50.....	169	297	182	184	37	42	34	44	51	44	5	5	60	53
All.....	544	785	208	193	40	44	39	42	47	45	6	7	82	61

Fats and Oils							Sugars and Sweets						
Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Grams---

Children:

1-3.....	6	5	4	4	2	1	22	14	2	1	5	3
4-5.....	7	5	4	3	3	2	32	22	2	1	7	3
All.....	6	5	4	3	2	2	26	17	2	1	6	3

Women:

19-34.....	11	12	4	5	6	6	13	19	4	3	4	5
35-50.....	12	11	3	5	9	5	19	17	5	3	7	2
All.....	11	12	4	5	7	6	15	18	4	3	4	4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.5-B2.--Grain Products; Fats and Oils; Sugars and Sweetens: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Grain Products													
	Individuals		Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-To- Eat Cereals			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---

-----Percent-----

Children:

1-3.....	235	249	97.5	98.2	71.4	73.0	59.0	66.9	66.6	62.5	47.4	48.3	41.5	37.7
4-5.....	167	165	98.9	99.6	76.6	73.7	62.2	74.8	68.7	62.6	54.0	53.5	41.7	47.0
All.....	403	414	98.1	98.7	73.6	73.3	60.3	70.1	67.5	62.5	50.1	50.3	41.6	41.4

Women:

19-34.....	374	488	93.6	92.3	66.3	65.2	45.7	50.9	30.6	32.7	14.5	16.5	29.3	25.9
35-50.....	169	297	90.7	90.4	57.7	63.8	38.7	51.9	26.5	30.6	9.4	12.6	25.4	19.8
All.....	544	785	92.7	91.6	63.6	64.7	43.5	51.3	29.3	31.9	12.9	15.0	28.1	23.6

Fats and Oils						Sugars and Sweetens					
Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweetens		Sugars		Candy	
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Percent-----

Children:

1-3.....	50.0	51.0	40.7	42.7	15.5	13.1	52.6	43.7	25.2	16.6	11.5	9.2
4-5.....	47.0	58.8	39.6	53.1	12.3	12.7	54.1	53.3	19.9	17.5	10.5	10.3
All.....	48.7	54.1	40.2	46.9	14.2	12.9	53.2	47.5	23.0	17.0	11.1	9.6

Women:

19-34.....	54.2	56.1	37.1	35.8	22.3	28.0	43.1	45.2	33.5	27.7	7.0	10.2
35-50.....	51.4	58.6	27.6	41.0	23.0	26.3	51.4	49.5	39.9	33.1	10.4	4.5
All.....	53.3	57.1	34.2	37.7	22.6	27.4	45.7	46.8	35.5	29.7	8.0	8.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.6-A1.--Beverages: Mean Intakes per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986

---Number---

---Grams---

Children:

1-3.....	806	484	179	167	0	0	0	0	179	167	(*)	(*)	22	16
4-5.....	509	332	244	201	(*)	0	(*)	0	244	201	1	0	41	33
All.....	1,314	816	204	181	(*)	0	(*)	0	204	181	1	(*)	29	23

Women:

19-34.....	1,382	863	830	762	46	28	36	19	784	734	238	229	160	132
35-50.....	738	466	892	792	57	28	51	22	835	764	417	329	115	146
All.....	2,120	1,329	852	773	50	28	41	20	802	745	300	264	144	137

Nonalcoholic Beverages											
Fruit Drinks and Aides						Carbonated Soft Drinks					
Total		Regular		Low-Calorie		Total		Regular		Low-Calorie	
1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986

---Grams---

Children:

1-3.....	93	88	89	83	4	5	64	62	59	60	5	3
4-5.....	122	94	114	79	7	16	80	74	74	71	6	3
All.....	104	91	99	81	5	9	70	67	65	64	6	3

Women:

19-34.....	91	78	82	67	9	11	295	295	243	239	52	56
35-50.....	60	42	50	38	10	4	243	248	184	184	59	64
All.....	80	65	71	57	9	8	277	278	222	219	55	59

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.6-A2.--Beverages: Percentage of Individuals Using, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Number-----														
-----Percent-----														
Children:														
1-3.....	806	484	59.1	53.5	0.0	0.0	0.0	0.0	59.1	53.5	0.4	0.2	9.7	7.3
4-5.....	509	332	63.1	56.3	.4	.0	.1	.0	63.1	56.3	.5	.0	12.3	12.5
All.....	1,314	816	60.6	54.6	.1	.0	(*)	.0	60.6	54.6	.4	.1	10.7	9.4
Women:														
19-34.....	1,382	863	88.8	84.5	8.6	5.2	5.4	2.3	87.4	83.9	38.6	34.1	25.3	23.0
35-50.....	738	466	92.9	90.3	6.9	5.7	4.6	3.6	91.4	89.8	59.0	54.7	22.2	28.6
All.....	2,120	1,329	90.2	86.5	8.0	5.4	5.1	2.7	88.8	86.0	45.7	41.3	24.2	25.0
Nonalcoholic Beverages														
Fruit Drinks and Aides														
Carbonated Soft Drinks														
Total		Regular		Low-Calorie		Total		Regular		Low-Calorie				
1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	
-----Percent-----														
Children:														
1-3.....	33.9	32.7	32.5	31.1	1.8	1.6	28.3	24.9	25.8	23.2	2.8	1.7		
4-5.....	35.2	30.0	33.2	25.6	2.7	4.4	27.6	27.7	24.7	26.5	3.2	1.3		
All.....	34.4	31.6	32.8	28.9	2.1	2.7	28.0	26.0	25.3	24.5	3.0	1.5		
Women:														
19-34.....	20.2	18.6	19.4	16.4	.9	2.5	52.9	51.5	45.1	40.5	9.4	12.0		
35-50.....	15.4	11.4	13.4	10.1	2.2	1.4	44.8	42.9	35.0	33.2	11.2	11.1		
All.....	18.5	16.1	17.3	14.2	1.4	2.1	50.1	48.5	41.6	38.0	10.0	11.7		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 1.6-B1.--Beverages: Mean Intakes per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

--Number--

--Grams--

Children:

1-3.....	235	249	181	154	0	0	0	0	181	154	0	(*)	16	17
4-5.....	167	165	177	226	0	0	0	0	177	226	0	0	33	32
All.....	403	414	179	183	0	0	0	0	179	183	0	(*)	23	23

Women:

19-34.....	374	488	785	745	26	30	18	19	758	715	263	203	120	142
35-50.....	169	297	691	850	21	32	18	25	669	819	255	372	113	165
All.....	544	785	755	785	25	30	18	21	731	754	261	267	118	151

Nonalcoholic Beverages													
Fruit Drinks and Aides							Carbonated Soft Drinks						
Total		Regular		Low-Calorie			Total		Regular		Low-Calorie		
FSP	NFSP	FSP	NFSP	FSP	NFSP		FSP	NFSP	FSP	NFSP	FSP	NFSP	

--Grams--

Children:

1-3.....	97	80	93	73	4	6	68	57	66	54	2	3
4-5.....	91	98	72	85	19	12	52	96	48	94	4	2
All.....	95	87	85	78	10	9	61	73	58	70	3	3

Women:

19-34.....	83	74	67	67	16	7	292	297	246	233	46	64
35-50.....	42	41	40	36	2	5	260	241	208	170	52	71
All.....	70	61	58	55	12	6	282	276	234	209	48	67

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 1.6-B2.--Beverages: Percentage of Individuals Using, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---

Percent

Children:

1-3.....	235	249	55.5	51.6	0.0	0.0	0.0	0.0	55.5	51.6	0.0	0.4	6.7	7.9
4-5.....	167	165	49.8	62.8	.0	.0	.0	.0	49.8	62.8	.0	.0	11.9	13.0
All.....	403	414	53.1	56.1	.0	.0	.0	.0	53.1	56.1	.0	.2	8.9	9.9

Women:

19-34.....	374	488	84.7	84.3	3.7	6.4	2.1	2.4	84.6	83.4	33.6	34.4	22.5	23.4
35-50.....	169	297	90.6	90.2	3.3	7.1	2.9	4.0	89.7	90.0	46.1	59.6	25.6	30.3
All.....	544	785	86.5	86.5	3.5	6.7	2.3	3.0	86.2	85.9	37.5	43.9	23.5	26.0

Nonalcoholic Beverages													
Fruit Drinks and Aides							Carbonated Soft Drinks						
Total		Regular		Low-Calorie			Total		Regular		Low-Calorie		
FSP	NFSP	FSP	NFSP	FSP	NFSP		FSP	NFSP	FSP	NFSP	FSP	NFSP	

Percent

Children:

1-3.....	32.5	32.8	31.4	30.8	1.1	2.0	26.1	23.8	25.8	20.7	0.4	3.1	
4-5.....	28.9	31.1	23.8	27.5	5.2	3.6	20.9	34.7	19.5	33.6	1.4	1.1	
All.....	31.0	32.1	28.2	29.5	2.8	2.6	23.9	28.1	23.1	25.8	.8	2.3	

Women:

19-34.....	18.1	19.0	15.3	17.2	3.0	2.0	49.8	52.9	41.1	40.1	9.9	13.6	
35-50.....	11.9	11.2	10.9	9.6	1.0	1.6	47.2	40.5	38.1	30.5	10.0	11.7	
All.....	16.2	16.0	13.9	14.3	2.4	1.9	49.0	48.2	40.2	36.4	9.9	12.9	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985 and Spring 1986

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		Kilocalories		-----Grams-----				International		Units		-----Milligrams-----			
0 to 75% Poverty:																
Children:																
1-3.....	356	220	1,380	1,445	55.0	58.1	55.8	63.5	168.7	163.6	3,614	3,808	80	72	1.20	1.17
4-5.....	244	159	1,548	1,675	56.5	69.8	61.8	73.7	196.7	186.9	4,537	4,153	82	74	1.32	1.34
All.....	599	379	1,448	1,542	55.6	63.0	58.2	67.8	180.0	173.4	3,989	3,953	81	73	1.25	1.24
Women:																
19-34.....	571	367	1,650	1,568	65.8	65.8	67.3	63.0	193.6	185.6	5,220	4,734	74	78	1.16	1.18
35-50.....	303	187	1,343	1,407	54.2	58.4	51.7	60.5	163.1	158.8	3,825	4,061	67	71	1.02	1.03
All.....	874	553	1,543	1,514	61.7	63.3	61.9	62.2	183.1	176.6	4,736	4,507	72	76	1.11	1.13
76 to 130% Poverty:																
Children:																
1-3.....	266	157	1,235	1,374	47.6	57.9	49.3	57.9	153.8	158.9	3,379	4,838	70	83	1.00	1.11
4-5.....	156	81	1,467	1,607	54.5	62.8	58.8	67.3	184.3	192.5	4,485	5,918	85	90	1.16	1.19
All.....	422	239	1,321	1,454	50.1	59.6	52.8	61.1	165.1	170.3	3,787	5,206	76	86	1.06	1.13
Women:																
19-34.....	438	292	1,688	1,622	65.4	66.8	67.3	68.3	204.2	185.0	4,428	4,554	76	75	1.29	1.13
35-50.....	265	169	1,401	1,436	57.1	61.1	56.7	58.9	162.1	164.5	4,715	4,341	68	71	1.01	1.02
All.....	703	461	1,580	1,554	62.3	64.7	63.3	64.8	188.3	177.4	4,536	4,476	73	74	1.18	1.09
0 to 130% Poverty:																
Children:																
1-3.....	622	377	1,318	1,415	51.9	58.0	53.0	61.2	162.3	161.6	3,514	4,238	76	77	1.11	1.14
4-5.....	399	241	1,517	1,652	55.7	67.4	60.6	71.5	191.8	188.8	4,517	4,751	83	79	1.26	1.29
All.....	1,021	618	1,396	1,508	53.4	61.7	56.0	65.2	173.9	172.2	3,906	4,437	79	78	1.17	1.20
Women:																
19-34.....	1,008	659	1,667	1,592	65.6	66.2	67.3	65.3	198.2	185.3	4,877	4,654	75	77	1.22	1.16
35-50.....	569	356	1,370	1,421	55.5	59.7	54.0	59.8	162.7	161.5	4,240	4,194	67	71	1.01	1.03
All.....	1,577	1,015	1,560	1,532	62.0	63.9	62.5	63.4	185.4	177.0	4,647	4,493	72	75	1.14	1.11
All Low Income:																
Children:																
1-3.....	806	484	1,330	1,444	52.8	58.3	53.3	61.0	163.7	169.1	3,599	4,241	77	81	1.11	1.18
4-5.....	509	332	1,523	1,635	56.6	65.9	60.7	69.2	192.2	191.5	4,508	4,733	82	78	1.26	1.30
All.....	1,314	816	1,404	1,522	54.3	61.4	56.2	64.4	174.7	178.2	3,951	4,441	79	80	1.17	1.23
Women:																
19-34.....	1,382	863	1,669	1,596	65.5	65.1	66.8	65.1	200.5	188.0	4,719	4,731	76	75	1.19	1.15
35-50.....	738	466	1,395	1,434	56.4	60.0	56.1	60.0	162.6	164.4	4,751	4,364	69	72	1.02	1.05
All.....	2,120	1,329	1,574	1,539	62.4	63.3	63.1	63.3	187.3	179.7	4,730	4,603	74	74	1.13	1.12

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985 and Spring 1986
--continued

Income Level and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Milligrams----- --Micrograms-----Milligrams-----																
0 to 75% Poverty:																
Children:																
1-3.....	1.72	1.76	14.6	13.5	1.29	1.22	4.73	4.43	819	902	1,013	1,114	187	192	11.2	10.0
4-5.....	1.78	1.91	16.5	16.2	1.45	1.32	4.69	4.73	786	960	1,010	1,266	188	215	11.7	11.7
All.....	1.74	1.82	15.4	14.6	1.36	1.26	4.71	4.56	806	926	1,011	1,178	188	201	11.4	10.7
Women:																
19-34.....	1.45	1.44	17.2	16.6	1.23	1.20	6.79	4.76	614	629	1,039	1,015	201	197	10.8	10.6
35-50.....	1.17	1.21	15.1	14.8	1.06	1.07	3.75	4.85	498	483	823	871	182	184	9.8	9.3
All.....	1.36	1.36	16.5	16.0	1.17	1.16	5.74	4.79	573	580	964	966	195	193	10.5	10.2
76 to 130% Poverty:																
Children:																
1-3.....	1.46	1.77	11.7	13.5	1.05	1.17	3.48	5.41	687	942	865	1,076	158	183	8.9	10.4
4-5.....	1.55	1.69	14.3	14.8	1.24	1.23	4.00	4.26	705	913	948	1,159	177	192	9.9	10.5
All.....	1.50	1.74	12.7	13.9	1.12	1.19	3.67	5.02	693	932	896	1,104	165	186	9.3	10.4
Women:																
19-34.....	1.55	1.46	17.2	16.1	1.26	1.16	4.11	4.24	675	739	1,045	1,093	206	201	11.5	10.3
35-50.....	1.21	1.24	16.1	15.5	1.13	1.09	4.10	4.68	479	572	847	933	187	190	10.0	9.6
All.....	1.42	1.38	16.8	15.9	1.21	1.13	4.11	4.40	601	678	970	1,034	199	197	10.9	10.0
0 to 130% Poverty:																
Children:																
1-3.....	1.61	1.77	13.4	13.5	1.19	1.20	4.19	4.84	762	919	949	1,098	175	188	10.2	10.1
4-5.....	1.69	1.83	15.7	15.7	1.37	1.29	4.42	4.57	754	944	986	1,230	184	207	11.0	11.3
All.....	1.64	1.79	14.3	14.3	1.26	1.23	4.28	4.73	759	929	964	1,149	178	196	10.5	10.6
Women:																
19-34.....	1.50	1.45	17.2	16.4	1.24	1.18	5.63	4.53	640	678	1,041	1,050	203	199	11.1	10.5
35-50.....	1.19	1.22	15.6	15.1	1.09	1.08	3.91	4.77	489	525	834	900	184	187	9.9	9.4
All.....	1.39	1.37	16.6	15.9	1.19	1.14	5.01	4.61	586	624	967	997	196	195	10.7	10.1
All Low Income:																
Children:																
1-3.....	1.60	1.78	13.6	14.0	1.19	1.24	4.12	4.77	763	910	957	1,099	177	191	10.1	10.6
4-5.....	1.71	1.84	15.7	15.9	1.37	1.31	4.38	4.43	775	934	1,007	1,211	189	207	11.1	11.3
All.....	1.64	1.80	14.4	14.7	1.26	1.27	4.22	4.63	767	920	976	1,145	182	197	10.5	10.9
Women:																
19-34.....	1.46	1.45	17.1	16.4	1.23	1.18	5.25	4.48	635	676	1,037	1,045	206	203	11.0	10.5
35-50.....	1.20	1.25	15.8	15.5	1.08	1.12	4.65	4.56	482	540	844	918	185	194	9.8	9.6
All.....	1.37	1.38	16.6	16.1	1.18	1.16	5.04	4.51	582	628	970	1,001	199	200	10.6	10.2

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households,
Spring 1985 and Spring 1986--continued

Income Level and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
<div><div>-----Grams-----</div><div>---Milligrams---</div><div>-----Grams-----</div></div>										
0 to 75% Poverty:										
Children:										
1-3.....	22.8	26.1	20.3	23.3	8.7	9.7	275	331	8.4	8.5
4-5.....	24.3	29.4	22.5	27.5	10.7	11.5	262	395	9.9	10.3
All.....	23.4	27.5	21.2	25.1	9.5	10.5	270	358	9.0	9.3
Women:										
19-34.....	24.3	23.0	25.5	24.0	12.6	11.4	352	341	10.3	10.0
35-50.....	18.9	20.6	19.8	22.9	9.4	12.7	261	329	8.8	10.0
All.....	22.4	22.2	23.5	23.6	11.5	11.8	320	337	9.8	10.0
76 to 130% Poverty:										
Children:										
1-3.....	20.1	24.6	18.0	20.9	7.6	8.3	264	278	7.3	8.1
4-5.....	22.5	27.7	22.2	24.1	9.8	10.8	272	305	8.8	9.4
All.....	21.0	25.6	19.6	22.0	8.4	9.2	267	287	7.8	8.6
Women:										
19-34.....	25.4	26.0	25.3	25.4	11.8	12.2	319	309	10.3	9.8
35-50.....	20.2	21.6	21.1	22.2	11.2	11.1	290	297	9.7	9.8
All.....	23.4	24.4	23.7	24.2	11.6	11.8	308	305	10.1	9.8
0 to 130% Poverty:										
Children:										
1-3.....	21.6	25.4	19.3	22.3	8.2	9.1	270	309	7.9	8.3
4-5.....	23.6	28.9	22.4	26.4	10.3	11.3	266	364	9.4	10.0
All.....	22.4	26.8	20.5	23.9	9.0	10.0	269	330	8.5	9.0
Women:										
19-34.....	24.8	24.4	25.4	24.6	12.2	11.7	337	327	10.3	9.9
35-50.....	19.5	21.0	20.4	22.5	10.3	11.9	275	314	9.2	9.9
All.....	22.9	23.2	23.6	23.9	11.5	11.8	315	322	9.9	9.9
All Low Income:										
Children:										
1-3.....	21.6	25.2	19.5	22.3	8.4	9.2	274	299	8.0	8.7
4-5.....	23.8	27.6	22.3	25.6	10.3	11.1	271	337	9.6	10.0
All.....	22.5	26.2	20.6	23.6	9.1	10.0	272	314	8.6	9.3
Women:										
19-34.....	24.6	24.1	25.2	24.6	12.4	11.8	329	310	10.5	10.2
35-50.....	20.2	21.3	21.4	22.7	10.6	11.8	278	305	9.3	10.3
All.....	23.0	23.1	23.9	23.9	11.8	11.8	311	309	10.1	10.2

Table 2.1A.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985 and Spring 1986
--continued

Income Level and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986		
	Retinol				Alpha-Tocopherol													
	-----Equivalents-----				---Equivalents---		-Micrograms--		-----Milligrams-----									
0 to 75% Poverty:																		
Children:																		
1-3.....	795	812	150	173	8.0	7.2	208	192	7.8	7.9	0.8	0.8	2,041	2,231	1,875	1,872		
4-5.....	937	865	217	201	8.1	7.1	225	205	8.0	9.8	.9	.9	2,260	2,762	1,888	2,076		
All.....	853	835	177	185	8.1	7.2	215	197	7.8	8.7	.9	.8	2,130	2,454	1,880	1,958		
Women:																		
19-34.....	1,057	805	261	317	7.7	6.5	200	187	9.4	9.5	1.1	.9	2,550	2,514	2,003	2,010		
35-50.....	664	726	250	253	6.4	7.3	179	191	7.4	7.9	.9	.9	2,171	2,292	1,794	1,878		
All.....	921	779	257	295	7.2	6.8	193	188	8.7	9.0	1.0	.9	2,418	2,439	1,931	1,966		
76 to 130% Poverty:																		
Children:																		
1-3.....	676	933	174	266	5.6	5.3	159	192	6.6	8.5	.6	.7	1,714	2,131	1,637	1,919		
4-5.....	819	989	271	398	6.0	6.0	189	199	7.7	8.9	.8	.8	2,137	2,491	1,793	1,971		
All.....	729	952	209	311	5.7	5.5	170	195	7.0	8.7	.7	.7	1,870	2,254	1,695	1,936		
Women:																		
19-34.....	743	763	297	308	7.7	6.5	215	186	9.4	9.5	1.0	.9	2,532	2,546	2,062	2,092		
35-50.....	783	714	323	299	5.8	5.8	171	176	8.0	8.6	.9	.9	2,230	2,319	1,907	1,946		
All.....	758	745	307	305	7.0	6.3	198	182	8.9	9.2	.9	.9	2,418	2,463	2,004	2,039		
0 to 130% Poverty:																		
Children:																		
1-3.....	745	862	160	212	7.0	6.4	187	192	7.2	8.2	.8	.7	1,901	2,189	1,773	1,892		
4-5.....	891	907	238	268	7.3	6.7	211	203	7.9	9.5	.9	.9	2,212	2,670	1,851	2,040		
All.....	802	880	191	233	7.1	6.5	196	196	7.5	8.7	.8	.8	2,023	2,377	1,804	1,949		
Women:																		
19-34.....	921	787	277	313	7.7	6.5	206	186	9.4	9.5	1.0	.9	2,542	2,528	2,029	2,046		
35-50.....	720	720	284	275	6.1	6.6	175	184	7.6	8.2	.9	.9	2,198	2,304	1,847	1,911		
All.....	848	763	279	300	7.1	6.5	195	185	8.8	9.1	1.0	.9	2,418	2,450	1,963	1,999		
All Low Income:																		
Children:																		
1-3.....	745	865	173	211	6.6	6.2	185	196	7.3	8.3	.8	.8	1,921	2,248	1,798	1,941		
4-5.....	877	901	242	267	7.1	6.5	217	200	8.1	9.2	.9	.8	2,239	2,591	1,891	2,034		
All.....	796	880	200	234	6.8	6.3	197	197	7.6	8.6	.8	.8	2,044	2,388	1,834	1,979		
Women:																		
19-34.....	860	799	284	319	7.4	6.6	203	189	9.3	9.3	1.0	1.0	2,544	2,512	2,047	2,036		
35-50.....	829	736	306	293	6.0	6.5	173	186	7.9	8.2	.9	1.0	2,237	2,347	1,867	1,967		
All.....	849	777	291	310	6.9	6.5	192	188	8.8	8.9	1.0	1.0	2,437	2,454	1,984	2,012		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 2.1B.--Nutrient Intakes: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1986

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----International-----																
	---Number---		Kilocalories				-----Grams-----				---Units---		-----Milligrams-----			
0 to 75% Poverty:																
Children:																
1-3.....	155	65	1,343	1,686	53.6	68.7	56.5	80.4	158.5	175.7	3,519	4,495	73	70	1.13	1.24
4-5.....	119	40	1,648	1,755	68.7	73.2	71.1	81.4	187.2	185.8	4,020	4,547	78	64	1.39	1.19
All.....	274	105	1,476	1,712	60.1	70.4	62.8	80.7	171.0	179.5	3,737	4,514	75	67	1.25	1.22
Women:																
19-34.....	249	118	1,520	1,669	63.8	70.0	61.2	66.7	179.2	199.2	5,050	4,068	78	79	1.18	1.17
35-50.....	118	69	1,328	1,544	54.5	65.0	56.8	67.0	152.2	170.2	3,914	4,313	69	74	1.00	1.08
All.....	367	187	1,458	1,623	60.8	68.2	59.8	66.8	170.5	188.5	4,684	4,158	75	77	1.12	1.14
76 to 130% Poverty:																
Children:																
1-3.....	47	111	1,454	1,340	61.6	56.3	59.0	57.4	173.6	152.7	3,797	5,277	84	83	1.23	1.05
4-5.....	18	63	1,937	1,513	76.2	58.9	93.2	59.8	203.5	189.3	10,530	4,595	79	93	1.38	1.13
All.....	65	174	1,589	1,403	65.7	57.2	68.6	58.3	181.9	166.0	5,683	5,029	83	87	1.27	1.08
Women:																
19-34.....	77	216	1,760	1,573	75.8	63.6	76.0	65.5	194.4	181.6	4,710	4,498	74	75	1.30	1.07
35-50.....	31	138	1,734	1,370	67.7	59.6	71.4	56.2	204.7	155.5	3,379	4,554	62	74	1.02	1.03
All.....	107	354	1,753	1,493	73.5	62.0	74.6	61.9	197.4	171.4	4,329	4,520	71	75	1.22	1.05
0 to 130% Poverty:																
Children:																
1-3.....	201	176	1,369	1,469	55.4	60.9	57.1	65.9	162.0	161.2	3,584	4,987	76	78	1.16	1.12
4-5.....	137	103	1,687	1,607	69.7	64.5	74.0	68.2	189.4	187.9	4,882	4,576	78	82	1.39	1.15
All.....	339	279	1,498	1,520	61.2	62.2	63.9	66.8	173.1	171.1	4,110	4,835	76	80	1.25	1.13
Women:																
19-34.....	325	333	1,577	1,607	66.6	65.8	64.7	65.9	182.8	187.8	4,970	4,346	77	77	1.21	1.10
35-50.....	149	207	1,412	1,427	57.2	61.4	59.8	59.8	163.1	160.4	3,803	4,474	67	74	1.00	1.04
All.....	474	541	1,525	1,538	63.7	64.1	63.2	63.6	176.6	177.3	4,604	4,395	74	75	1.14	1.08
All Low Income:																
Children:																
1-3.....	235	249	1,424	1,461	56.9	59.6	58.8	63.1	170.6	167.6	3,595	4,852	79	84	1.20	1.16
4-5.....	167	165	1,659	1,612	68.9	62.9	71.6	66.8	188.9	194.0	4,573	4,896	73	84	1.38	1.22
All.....	403	414	1,522	1,521	61.9	60.9	64.1	64.6	178.2	178.1	4,001	4,869	76	84	1.28	1.18
Women:																
19-34.....	374	488	1,554	1,629	64.5	65.5	63.2	66.5	182.8	192.0	4,634	4,805	74	76	1.18	1.13
35-50.....	169	297	1,405	1,451	56.7	61.9	58.9	60.7	163.6	164.8	3,773	4,702	67	75	1.01	1.08
All.....	544	785	1,508	1,561	62.1	64.2	61.9	64.3	176.8	181.7	4,366	4,766	72	75	1.13	1.11

Table 2.1B.--Nutrient Intakes: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Income Level and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Milligrams-----				-----Micrograms-----				-----Milligrams-----							
0 to 75% Poverty:																
Children:																
1-3.....	1.64	2.07	13.3	13.9	1.18	1.30	3.89	5.73	806	1,129	998	1,389	180	219	9.7	10.7
4-5.....	1.91	1.89	16.5	15.2	1.34	1.27	4.78	4.56	917	1,086	1,220	1,404	214	217	11.8	11.5
All.....	1.76	2.00	14.7	14.4	1.25	1.29	4.28	5.28	854	1,113	1,095	1,394	195	218	10.6	11.0
Women:																
19-34.....	1.38	1.56	16.2	17.6	1.17	1.25	4.39	5.54	582	729	979	1,091	191	209	10.5	10.9
35-50.....	1.14	1.33	14.1	16.0	1.05	1.10	3.50	7.16	462	517	821	957	175	199	9.3	9.4
All.....	1.30	1.48	15.5	17.0	1.13	1.20	4.10	6.14	543	651	928	1,042	186	205	10.1	10.3
76 to 130% Poverty:																
Children:																
1-3.....	1.93	1.70	15.3	12.7	1.32	1.11	6.18	5.08	1,020	910	1,181	1,031	191	180	11.4	9.9
4-5.....	2.26	1.53	14.6	14.9	1.35	1.19	4.76	4.12	1,412	769	1,656	1,017	220	184	10.4	10.5
All.....	2.03	1.64	15.1	13.5	1.33	1.14	5.79	4.73	1,130	858	1,314	1,026	199	181	11.1	10.2
Women:																
19-34.....	1.72	1.37	17.8	15.4	1.25	1.12	4.73	4.07	889	686	1,264	1,033	220	195	11.8	9.7
35-50.....	1.36	1.22	16.7	15.2	1.21	1.06	4.68	4.68	640	557	1,064	904	209	186	9.6	9.6
All.....	1.62	1.31	17.5	15.4	1.24	1.10	4.72	4.31	818	635	1,207	982	217	192	11.2	9.7
0 to 130% Poverty:																
Children:																
1-3.....	1.71	1.84	13.7	13.2	1.21	1.18	4.42	5.32	856	991	1,041	1,164	183	194	10.1	10.2
4-5.....	1.96	1.67	16.2	15.0	1.34	1.22	4.78	4.29	983	892	1,278	1,167	215	197	11.6	10.9
All.....	1.81	1.77	14.7	13.9	1.26	1.20	4.57	4.94	907	954	1,137	1,165	196	195	10.7	10.5
Women:																
19-34.....	1.46	1.44	16.6	16.2	1.19	1.17	4.47	4.59	654	701	1,046	1,053	198	200	10.8	10.1
35-50.....	1.18	1.25	14.6	15.5	1.08	1.08	3.75	5.50	499	544	871	921	182	191	9.4	9.5
All.....	1.37	1.37	16.0	15.9	1.16	1.13	4.24	4.94	605	641	991	1,003	193	196	10.4	9.9
All Low Income:																
Children:																
1-3.....	1.73	1.83	14.3	13.7	1.24	1.24	4.38	5.15	866	952	1,060	1,135	186	195	10.5	10.6
4-5.....	1.94	1.74	16.5	15.2	1.34	1.27	4.59	4.26	951	915	1,251	1,171	214	200	11.8	10.8
All.....	1.82	1.79	15.2	14.3	1.28	1.25	4.47	4.79	902	938	1,139	1,150	198	197	11.0	10.7
Women:																
19-34.....	1.43	1.47	16.2	16.5	1.17	1.19	4.23	4.67	641	703	1,022	1,063	197	207	10.5	10.4
35-50.....	1.17	1.30	14.5	16.0	1.07	1.14	3.64	5.08	498	563	865	948	183	201	9.5	9.7
All.....	1.35	1.41	15.7	16.3	1.14	1.17	4.05	4.83	597	650	973	1,019	193	204	10.2	10.2

Table 2.1B.--Nutrient Intakes: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Income Level and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Grams-----				---Milligrams---		-----Grams-----			
0 to 75% Poverty:										
Children:										
1-3.....	22.9	33.7	20.8	29.3	8.9	11.8	302	398	8.1	9.4
4-5.....	27.9	34.1	26.7	30.0	11.5	11.5	403	370	10.1	11.2
All.....	25.0	33.9	23.4	29.6	10.0	11.7	346	388	9.0	10.1
Women:										
19-34.....	22.2	24.7	23.4	25.3	11.1	12.0	340	344	9.9	10.1
35-50.....	18.8	23.6	21.1	25.9	12.8	12.6	306	370	9.7	10.5
All.....	21.1	24.3	22.6	25.5	11.6	12.2	329	354	9.9	10.2
76 to 130% Poverty:										
Children:										
1-3.....	25.0	24.4	20.6	21.0	9.3	7.9	239	295	8.5	8.0
4-5.....	40.9	24.0	31.1	22.1	15.5	9.4	361	288	8.9	9.5
All.....	29.5	24.2	23.5	21.4	11.0	8.5	273	293	8.6	8.5
Women:										
19-34.....	29.4	24.8	28.3	24.4	13.1	11.8	308	310	10.4	9.6
35-50.....	26.3	20.5	26.3	21.2	14.1	10.4	308	294	9.7	9.9
All.....	28.5	23.2	27.7	23.2	13.4	11.3	308	304	10.2	9.7
0 to 130% Poverty:										
Children:										
1-3.....	23.4	27.8	20.7	24.1	9.0	9.4	288	333	8.2	8.5
4-5.....	29.6	27.9	27.3	25.2	12.0	10.3	397	320	9.9	10.1
All.....	25.9	27.9	23.4	24.5	10.2	9.7	332	328	8.9	9.1
Women:										
19-34.....	23.9	24.8	24.5	24.7	11.6	11.9	332	322	10.0	9.7
35-50.....	20.3	21.5	22.2	22.8	13.0	11.2	306	319	9.7	10.1
All.....	22.8	23.5	23.8	24.0	12.0	11.6	324	321	9.9	9.9
All Low Income:										
Children:										
1-3.....	23.9	26.5	21.5	23.1	9.3	9.1	290	307	8.5	8.9
4-5.....	28.4	26.8	26.4	24.8	11.7	10.4	379	294	10.1	10.0
All.....	25.8	26.6	23.5	23.7	10.3	9.6	327	302	9.2	9.3
Women:										
19-34.....	23.4	24.7	24.0	25.0	11.3	12.2	319	304	10.0	10.4
35-50.....	20.1	21.9	22.0	23.1	12.6	11.3	299	309	9.7	10.7
All.....	22.4	23.7	23.4	24.3	11.7	11.9	313	306	9.9	10.5

Table 2.1B.--Nutrient Intakes: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Income Level and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div><div>Retinol</div><div>-----Equivalents-----</div><div>Alpha-Tocopherol</div><div>---Equivalents---</div><div>-Micrograms--</div><div>-----Milligrams-----</div></div>																
0 to 75% Poverty:																
Children:																
1-3.....	702	1,074	181	154	6.9	7.8	192	192	7.3	9.4	0.7	0.9	2,043	2,678	1,812	2,017
4-5.....	837	949	193	224	7.0	7.7	219	164	9.8	9.8	.9	.9	2,664	3,055	2,114	1,962
All.....	761	1,026	186	181	6.9	7.8	204	181	8.4	9.6	.8	.9	2,313	2,822	1,943	1,996
Women:																
19-34.....	800	817	366	215	6.5	6.4	184	192	9.3	10.1	.9	1.0	2,575	2,385	1,958	2,120
35-50.....	665	832	258	244	8.2	5.8	194	185	7.3	8.8	.9	1.0	2,201	2,447	1,776	2,054
All.....	756	822	331	226	7.1	6.2	187	189	8.7	9.6	.9	1.0	2,455	2,408	1,899	2,096
76 to 130% Poverty:																
Children:																
1-3.....	821	980	162	309	7.5	4.3	242	172	9.7	8.0	.7	.7	2,612	1,928	1,986	1,890
4-5.....	1,690	788	748	298	9.5	5.0	237	188	10.4	8.5	.8	.8	3,517	2,196	2,216	1,900
All.....	1,064	910	326	305	8.1	4.5	240	178	9.9	8.2	.8	.7	2,866	2,026	2,051	1,894
Women:																
19-34.....	818	744	304	310	8.3	5.9	204	179	11.4	8.8	1.0	.9	2,793	2,459	2,177	2,062
35-50.....	550	750	228	315	7.0	5.5	156	180	9.9	8.3	1.0	.9	2,518	2,274	2,155	1,900
All.....	741	746	282	312	7.9	5.7	190	179	11.0	8.6	1.0	.9	2,714	2,387	2,171	1,999
0 to 130% Poverty:																
Children:																
1-3.....	730	1,015	176	252	7.1	5.6	204	179	7.9	8.6	.7	.8	2,175	2,206	1,852	1,937
4-5.....	950	851	267	269	7.3	6.0	221	179	9.9	9.0	.9	.8	2,777	2,529	2,128	1,924
All.....	819	954	213	258	7.2	5.8	211	179	8.7	8.7	.8	.8	2,419	2,326	1,964	1,932
Women:																
19-34.....	804	770	351	276	6.9	6.1	189	184	9.8	9.3	.9	.9	2,626	2,433	2,009	2,082
35-50.....	641	777	252	292	8.0	5.6	186	182	7.9	8.5	.9	.9	2,267	2,332	1,854	1,951
All.....	753	772	320	282	7.3	5.9	188	183	9.2	9.0	.9	.9	2,513	2,394	1,961	2,032
All Low Income:																
Children:																
1-3.....	742	982	174	246	7.0	5.4	208	184	8.0	8.5	.8	.8	2,254	2,243	1,903	1,978
4-5.....	901	902	243	291	7.0	6.1	215	185	9.6	8.7	.9	.8	2,691	2,488	2,082	1,984
All.....	808	950	203	264	7.0	5.7	211	184	8.7	8.6	.8	.8	2,436	2,341	1,978	1,980
Women:																
19-34.....	758	831	323	316	6.6	6.5	186	192	9.4	9.2	.9	1.0	2,547	2,485	1,987	2,074
35-50.....	635	793	251	317	7.8	5.7	189	184	7.8	8.4	.9	1.0	2,259	2,397	1,851	2,034
All.....	720	817	300	316	7.0	6.2	187	189	8.9	8.9	.9	1.0	2,457	2,452	1,945	2,059

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985 and Spring 1986

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		Kilocalories		-----Grams-----		-----Grams-----		-----Grams-----		International ---Units---		-----Milligrams-----		-----Milligrams-----	
White:																
Children:																
1-3.....	527	315	1,346	1,516	52.4	60.0	53.8	65.0	167.8	177.4	3,639	4,189	78	82	1.10	1.18
4-5.....	312	234	1,589	1,672	57.9	66.8	62.9	71.9	203.2	194.0	4,265	4,922	80	77	1.29	1.27
All.....	839	549	1,436	1,582	54.4	62.9	57.2	67.9	180.9	184.5	3,872	4,501	79	80	1.17	1.21
Women:																
19-34.....	904	585	1,728	1,637	65.6	65.9	68.5	66.7	211.8	193.5	4,696	4,857	76	75	1.21	1.16
35-50.....	457	298	1,412	1,463	55.8	59.1	58.3	61.7	163.9	169.6	4,432	4,502	67	74	.99	1.05
All.....	1,361	882	1,622	1,578	62.3	63.6	65.1	65.0	195.7	185.4	4,608	4,737	73	75	1.14	1.12
Black:																
Children:																
1-3.....	171	119	1,281	1,263	53.7	53.2	51.8	52.0	152.1	147.9	3,596	3,918	68	66	1.18	1.11
4-5.....	95	66	1,398	1,411	52.8	56.6	56.4	56.0	173.0	173.5	4,972	3,892	73	71	1.18	1.30
All.....	265	185	1,323	1,316	53.4	54.4	53.5	53.4	159.6	157.1	4,088	3,908	69	68	1.18	1.18
Women:																
19-34.....	304	188	1,533	1,432	65.2	59.0	63.2	58.2	173.1	168.4	4,224	3,607	74	68	1.16	1.09
35-50.....	211	112	1,364	1,264	58.1	53.9	53.0	51.5	157.5	145.4	5,634	4,353	71	66	1.09	.93
All.....	515	300	1,464	1,369	62.3	57.1	59.0	55.7	166.7	159.8	4,802	3,886	73	67	1.13	1.03
Other:																
Children:																
1-3.....	83	36	1,338	1,504	53.2	65.4	54.5	61.1	162.0	176.4	3,113	6,330	86	123	1.07	1.55
4-5.....	79	23	1,436	1,916	57.1	82.3	58.0	81.1	174.6	218.0	4,546	5,016	103	114	1.22	1.66
All.....	162	59	1,386	1,663	55.1	71.9	56.2	68.8	168.1	192.4	3,809	5,825	94	119	1.14	1.59
Women:																
19-34.....	133	62	1,636	1,638	67.1	71.4	66.5	67.9	192.1	187.6	6,080	6,341	85	80	1.17	1.17
35-50.....	53	32	1,488	1,754	59.0	83.5	55.4	75.8	184.5	183.4	4,535	3,455	78	75	1.11	1.41
All.....	187	94	1,594	1,678	64.8	75.5	63.3	70.6	189.9	186.2	5,638	5,349	83	78	1.15	1.25

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985 and Spring 1986
--continued

Race and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Milligrams-----				--Micrograms--				-----Milligrams-----							
White:																
Children:																
1-3.....	1.67	1.86	13.4	13.8	1.20	1.26	4.24	4.59	812	1,020	987	1,182	184	204	10.1	10.8
4-5.....	1.78	1.88	16.0	15.4	1.41	1.29	4.36	4.49	828	1,001	1,055	1,266	198	212	11.2	11.0
All.....	1.71	1.87	14.3	14.5	1.28	1.27	4.28	4.55	818	1,012	1,012	1,218	189	207	10.5	10.9
Women:																
19-34.....	1.54	1.51	17.2	16.5	1.25	1.19	5.12	4.21	698	736	1,080	1,092	216	215	11.1	10.5
35-50.....	1.19	1.28	15.5	15.6	1.06	1.15	3.43	3.54	522	606	859	954	195	205	9.6	9.8
All.....	1.42	1.43	16.6	16.2	1.18	1.18	4.55	3.99	639	692	1,005	1,045	209	212	10.6	10.3
Black:																
Children:																
1-3.....	1.45	1.51	14.8	13.2	1.20	1.07	3.99	5.05	607	675	862	908	156	160	10.5	9.0
4-5.....	1.55	1.56	14.8	15.6	1.21	1.19	4.46	3.52	691	656	900	944	167	175	10.0	10.9
All.....	1.49	1.53	14.8	14.0	1.20	1.12	4.16	4.50	637	668	875	921	160	166	10.4	9.7
Women:																
19-34.....	1.25	1.17	16.7	14.5	1.15	1.04	4.74	4.37	489	470	926	862	172	158	10.5	9.4
35-50.....	1.24	1.12	16.2	13.4	1.13	.94	7.48	6.45	410	378	818	744	159	148	9.9	8.4
All.....	1.25	1.15	16.5	14.1	1.14	1.00	5.86	5.15	457	436	882	818	167	154	10.3	9.0
Other:																
Children:																
1-3.....	1.49	2.11	13.0	19.5	1.13	1.73	3.88	6.08	734	834	948	1,112	178	196	9.9	14.6
4-5.....	1.53	2.32	15.1	21.5	1.32	1.83	4.43	6.50	610	1,065	904	1,438	171	244	10.9	15.4
All.....	1.51	2.19	14.0	20.3	1.22	1.77	4.15	6.24	674	923	926	1,238	175	215	10.4	14.9
Women:																
19-34.....	1.40	1.65	17.4	19.3	1.24	1.36	7.92	7.45	536	719	1,005	1,127	206	211	11.5	12.7
35-50.....	1.15	1.38	17.0	19.0	1.19	1.27	4.63	4.86	441	531	853	1,134	204	229	11.7	11.6
All.....	1.33	1.56	17.3	19.2	1.22	1.33	6.98	6.56	509	655	961	1,129	206	217	11.5	12.4

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985 and Spring 1986--continued

Race and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Grams-----					---Milligrams---		-----Grams-----		
White:										
Children:										
1-3.....	21.9	27.3	19.5	23.5	8.5	9.7	273	299	8.3	9.3
4-5.....	25.0	29.1	23.1	26.2	10.5	11.5	254	347	10.0	10.1
All.....	23.1	28.1	20.9	24.6	9.3	10.5	266	319	8.9	9.7
Women:										
19-34.....	25.5	24.8	25.5	25.0	12.8	12.3	322	301	11.0	10.7
35-50.....	21.3	21.9	21.9	22.8	11.1	12.7	266	286	9.6	10.9
All.....	24.1	23.8	24.3	24.2	12.2	12.4	303	296	10.5	10.8
Black:										
Children:										
1-3.....	20.0	20.3	19.5	19.6	8.6	8.4	263	277	7.4	7.6
4-5.....	21.7	20.6	21.1	21.6	9.7	9.6	231	285	8.7	9.2
All.....	20.6	20.4	20.1	20.3	9.0	8.8	252	280	7.8	8.1
Women:										
19-34.....	22.3	20.6	24.6	22.7	11.6	10.6	339	315	9.0	8.7
35-50.....	18.7	17.8	20.8	20.0	9.5	9.9	310	293	8.2	8.0
All.....	20.8	19.5	23.1	21.7	10.7	10.4	327	307	8.7	8.4
Other:										
Children:										
1-3.....	22.8	25.5	19.6	23.0	8.1	8.1	298	365	7.7	7.8
4-5.....	21.7	33.7	21.6	31.0	10.2	10.9	385	362	8.4	11.3
All.....	22.3	28.7	20.6	26.1	9.1	9.1	340	364	8.0	9.2
Women:										
19-34.....	24.8	26.7	25.2	24.9	11.6	11.3	375	353	10.0	9.3
35-50.....	18.4	28.0	20.9	31.1	12.1	11.4	284	458	10.2	11.9
All.....	23.0	27.2	23.9	27.0	11.8	11.3	349	389	10.0	10.2

Table 2.2A.--Nutrient Intakes: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985 and Spring 1986
--continued

Race and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Retinol				Alpha-Tocopherol											
	-----Equivalents-----				---Equivalents---				--Micrograms--		-----Milligrams-----					
White:																
Children:																
1-3.....	774	850	164	213	6.2	5.9	181	194	7.2	8.3	0.8	0.8	1,918	2,352	1,866	2,061
4-5.....	848	934	219	278	6.9	6.5	217	195	8.2	9.3	.9	.8	2,335	2,641	1,960	2,083
All.....	801	886	184	241	6.5	6.2	194	194	7.5	8.7	.8	.8	2,073	2,475	1,901	2,070
Women:																
19-34.....	859	791	281	342	7.5	6.7	208	191	9.4	9.4	1.1	1.0	2,578	2,566	2,162	2,157
35-50.....	688	715	328	324	5.6	7.2	165	191	7.9	7.9	.9	1.0	2,184	2,385	2,007	2,062
All.....	802	766	297	336	6.9	6.9	194	191	8.9	8.9	1.0	1.0	2,446	2,505	2,110	2,125
Black:																
Children:																
1-3.....	718	843	190	171	8.5	4.1	196	169	7.7	7.4	.7	.7	1,981	2,027	1,533	1,639
4-5.....	923	729	294	229	6.6	5.5	194	190	7.4	7.5	.7	.8	2,162	2,250	1,662	1,746
All.....	791	802	227	192	7.8	4.6	195	176	7.6	7.4	.7	.7	2,046	2,107	1,579	1,677
Women:																
19-34.....	763	685	260	209	7.3	5.2	183	165	9.0	8.0	.9	.9	2,470	2,346	1,681	1,583
35-50.....	1,175	827	264	248	6.8	5.1	185	161	7.7	7.5	1.0	.9	2,314	2,100	1,567	1,580
All.....	932	738	262	223	7.1	5.2	184	163	8.5	7.8	.9	.9	2,406	2,254	1,634	1,582
Other:																
Children:																
1-3.....	603	1,199	169	356	6.0	15.5	185	317	7.2	11.3	.7	.8	1,881	2,239	1,882	2,038
4-5.....	833	1,065	269	229	7.3	9.8	219	269	8.1	12.4	.8	1.0	1,969	3,090	1,897	2,340
All.....	715	1,147	218	307	6.7	13.3	202	298	7.6	11.7	.8	.9	1,924	2,567	1,889	2,154
Women:																
19-34.....	1,136	1,181	349	366	7.1	9.4	208	231	9.8	11.1	1.1	1.1	2,483	2,484	2,110	2,145
35-50.....	795	520	289	270	6.6	5.1	202	201	8.6	12.7	1.0	1.1	2,473	2,699	1,946	2,368
All.....	1,038	954	332	333	7.0	7.9	206	221	9.5	11.6	1.1	1.1	2,480	2,558	2,063	2,221

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 2.28.--Nutrient Intakes: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households, Spring 1986

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin						
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP					
												International									
	---Number---		Kilocalories		-----Grams-----											---Units---		-----Milligrams-----			
White:																					
Children:																					
1-3.....	131	184	1,531	1,506	59.8	60.1	63.8	65.8	184.4	172.4	3,714	4,527	85	81	1.24	1.13					
4-5.....	111	123	1,713	1,635	71.3	62.8	75.6	68.5	191.5	196.2	4,588	5,223	72	81	1.34	1.20					
All.....	242	307	1,614	1,557	65.1	61.2	69.2	66.9	187.7	181.9	4,115	4,806	79	81	1.29	1.16					
Women:																					
19-34.....	222	363	1,608	1,654	65.9	65.9	66.0	67.1	189.4	196.0	5,408	4,521	75	75	1.22	1.12					
35-50.....	88	210	1,409	1,485	55.6	60.5	59.5	62.6	165.6	171.3	4,108	4,667	68	77	1.01	1.07					
All.....	310	573	1,552	1,592	63.0	64.0	64.2	65.4	182.6	187.0	5,038	4,574	73	76	1.16	1.10					
Black:																					
Children:																					
1-3.....	78	41	1,257	1,276	51.8	55.8	51.3	53.2	149.1	145.4	3,153	5,367	62	74	1.07	1.19					
4-5.....	44	22	1,460	1,316	59.2	51.5	58.1	51.9	177.9	164.9	4,408	2,881	72	68	1.44	1.03					
All.....	122	63	1,330	1,290	54.5	54.3	53.8	52.7	159.5	152.3	3,606	4,488	65	72	1.20	1.13					
Women:																					
19-34.....	112	76	1,401	1,478	57.9	60.7	56.4	60.7	164.7	173.8	2,815	4,765	67	69	1.07	1.12					
35-50.....	54	58	1,343	1,191	53.9	53.8	55.6	47.7	155.8	135.6	3,830	4,845	74	58	.98	.88					
All.....	166	134	1,382	1,354	56.6	57.7	56.1	55.1	161.8	157.3	3,148	4,799	69	64	1.04	1.01					
Other:																					
Children:																					
1-3.....	21	15	1,429	1,610	59.9	73.1	58.0	65.5	169.7	185.7	4,600	8,750	103	151	1.49	1.62					
4-5.....	9	14	1,896	1,930	83.2	81.6	87.2	77.0	198.1	231.4	5,052	4,991	83	135	1.47	1.79					
All.....	30	29	1,570	1,761	67.0	77.1	66.8	70.9	178.3	207.3	4,736	6,976	97	143	1.48	1.70					
Women:																					
19-34.....	30	32	1,601	1,673	72.4	70.4	63.0	72.6	187.6	187.7	5,909	6,750	81	79	1.29	1.05					
35-50.....	14	19	1,609	1,859	72.3	91.5	70.0	80.1	174.2	190.0	2,532	4,118	41	99	1.08	1.64					
All.....	44	51	1,603	1,742	72.4	78.3	65.2	75.4	183.4	188.6	4,863	5,770	68	87	1.23	1.27					

Table 2.2B.--Nutrient Intakes: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Race and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Milligrams----- --Micrograms-----Milligrams-----																
White:																
Children:																
1-3.....	1.86	1.86	14.4	13.3	1.31	1.22	4.87	4.39	992	1,039	1,170	1,191	206	202	11.0	10.6
4-5.....	2.00	1.77	16.3	14.6	1.35	1.23	4.77	4.25	1,028	977	1,324	1,213	222	202	11.5	10.7
All.....	1.93	1.82	15.3	13.8	1.33	1.23	4.82	4.34	1,009	1,014	1,241	1,200	213	202	11.2	10.7
Women:																
19-34.....	1.52	1.50	16.5	16.5	1.20	1.19	3.95	4.37	717	747	1,087	1,095	215	215	10.7	10.5
35-50.....	1.29	1.28	14.6	16.0	1.13	1.15	4.08	3.31	591	612	925	966	195	210	9.7	9.8
All.....	1.46	1.42	16.0	16.4	1.18	1.18	3.99	3.99	681	698	1,041	1,048	209	213	10.4	10.2
Black:																
Children:																
1-3.....	1.46	1.62	12.8	13.8	1.03	1.16	3.25	8.46	690	649	897	927	157	166	8.8	9.4
4-5.....	1.73	1.21	16.3	14.2	1.24	1.11	4.00	2.57	718	533	1,006	824	183	160	12.0	8.6
All.....	1.56	1.48	14.1	13.9	1.10	1.14	3.52	6.38	700	608	937	891	166	164	10.0	9.1
Women:																
19-34.....	1.13	1.23	14.1	15.1	1.02	1.07	3.06	6.30	462	481	840	894	154	164	9.2	9.5
35-50.....	1.00	1.23	13.5	13.3	.96	.92	3.09	9.62	362	394	737	750	157	139	8.6	8.1
All.....	1.08	1.23	13.9	14.4	1.00	1.00	3.07	7.73	429	444	806	832	155	153	9.0	8.9
Other:																
Children:																
1-3.....	1.99	2.27	19.6	19.4	1.62	1.89	5.78	6.49	749	951	1,013	1,251	176	224	14.7	14.6
4-5.....	1.96	2.55	19.3	23.0	1.50	2.05	5.15	7.42	981	1,122	1,434	1,442	241	247	13.9	16.4
All.....	1.98	2.41	19.5	21.1	1.58	1.96	5.59	6.93	819	1,032	1,140	1,341	195	235	14.4	15.4
Women:																
19-34.....	1.86	1.45	20.3	18.4	1.44	1.28	10.70	4.36	730	709	1,161	1,094	216	206	13.7	11.8
35-50.....	1.25	1.47	18.1	19.6	1.09	1.39	4.12	5.39	507	549	1,002	1,228	198	251	10.5	12.5
All.....	1.67	1.46	19.6	18.8	1.33	1.32	8.66	4.74	661	649	1,112	1,144	210	223	12.7	12.1

Table 2.2B.--Nutrient Intakes: Mean per Individual in a Day, by Race and Food Stamp Program Status,
Low-Income Households, Spring 1986--continued

Race and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Grams-----					---Milligrams---		-----Grams-----		
White:										
Children:										
1-3.....	26.3	28.1	23.0	23.8	10.0	9.5	298	300	9.8	9.0
4-5.....	30.5	27.9	27.4	25.0	12.4	10.7	411	289	10.4	9.9
All.....	28.2	28.0	25.0	24.3	11.1	10.0	350	295	10.1	9.4
Women:										
19-34.....	24.7	24.9	24.8	25.0	11.8	12.6	312	295	10.5	10.8
35-50.....	20.4	22.6	21.3	23.4	13.8	12.2	287	286	9.9	11.3
All.....	23.5	24.0	23.8	24.4	12.3	12.5	305	291	10.4	11.0
Black:										
Children:										
1-3.....	19.9	21.0	19.4	20.1	8.4	8.2	273	286	6.8	8.9
4-5.....	21.6	18.6	22.4	20.0	9.8	9.2	305	246	8.9	9.9
All.....	20.5	20.1	20.5	20.1	8.9	8.5	285	272	7.6	9.3
Women:										
19-34.....	20.0	21.4	21.9	23.9	10.2	11.3	315	314	8.9	8.5
35-50.....	18.6	17.1	21.3	18.8	11.7	8.2	283	302	9.0	7.0
All.....	19.6	19.5	21.7	21.7	10.7	10.0	305	309	8.9	7.9
Other:										
Children:										
1-3.....	24.1	27.6	21.4	25.3	8.4	7.6	295	464	6.9	9.1
4-5.....	35.5	32.4	32.6	29.8	13.1	9.3	417	324	11.4	11.3
All.....	27.5	29.9	24.8	27.4	9.8	8.4	332	398	8.3	10.2
Women:										
19-34.....	24.0	29.4	23.2	26.6	11.3	11.3	350	356	8.9	9.6
35-50.....	25.3	30.0	28.5	32.9	11.3	11.5	412	491	9.2	13.8
All.....	24.4	29.6	24.8	29.0	11.3	11.4	369	406	9.0	11.2

Table 2.2B.--Nutrient Intakes: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households
Spring 1986--continued

Race and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Retinol -----Equivalents-----				Alpha-Tocopherol ---Equivalents---		-Micrograms--		-----Milligrams-----							
White:																
Children:																
1-3.....	784	898	173	241	7.0	5.2	220	175	8.2	8.4	0.8	0.8	2,461	2,274	2,115	2,023
4-5.....	918	949	236	316	7.0	6.1	214	179	10.1	8.6	.9	.8	2,745	2,547	2,178	1,997
All.....	845	918	202	271	7.0	5.5	217	176	9.0	8.5	.8	.8	2,591	2,383	2,144	2,013
Women:																
19-34.....	831	767	402	305	6.6	6.8	182	196	9.7	9.3	1.0	1.0	2,667	2,504	2,171	2,149
35-50.....	736	707	248	356	9.6	6.2	201	187	7.5	8.1	1.0	1.0	2,145	2,486	1,911	2,125
All.....	804	745	358	324	7.5	6.6	187	193	9.1	8.8	1.0	1.0	2,518	2,497	2,097	2,140
Black:																
Children:																
1-3.....	591	1,320	182	150	4.4	3.6	161	183	6.9	8.2	.6	.9	1,964	2,146	1,596	1,720
4-5.....	824	542	258	172	6.1	4.3	204	163	8.0	6.5	.8	.7	2,406	1,946	1,790	1,661
All.....	676	1,045	209	158	5.0	3.8	176	176	7.3	7.6	.7	.8	2,124	2,075	1,666	1,699
Women:																
19-34.....	473	996	191	235	5.3	5.1	166	162	7.9	8.2	.8	1.0	2,347	2,343	1,526	1,668
35-50.....	575	1,064	296	202	6.2	4.0	177	145	7.4	7.6	.8	.9	2,262	1,947	1,677	1,488
All.....	507	1,025	226	221	5.6	4.6	170	155	7.7	7.9	.8	1.0	2,319	2,172	1,575	1,590
Other:																
Children:																
1-3.....	1,079	1,366	159	633	17.3	13.1	320	311	11.5	10.9	.7	1.0	2,064	2,484	1,711	2,495
4-5.....	973	1,127	283	192	10.9	9.1	278	263	12.1	12.6	1.0	1.0	3,302	2,946	2,177	2,450
All.....	1,047	1,253	196	425	15.4	11.2	308	289	11.7	11.7	.8	1.0	2,439	2,702	1,852	2,474
Women:																
19-34.....	1,324	1,045	238	487	11.7	7.2	274	190	12.5	9.7	1.1	1.0	2,396	2,568	2,211	2,082
35-50.....	442	577	170	341	5.4	4.9	145	241	10.9	13.9	1.0	1.2	2,687	2,708	2,105	2,557
All.....	1,051	870	217	433	9.8	6.4	234	209	12.0	11.3	1.1	1.1	2,486	2,620	2,178	2,259

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Low-Income Households, Spring 1985 and Spring 1986

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986

	---Number---		Kilocalories		-----		Grams-----		-----		International Units-----		-----		Milligrams-----	
Central Cities:																
Children:																
1-3.....	277	188	1,345	1,456	57.0	60.6	54.1	63.6	160.5	163.5	3,731	4,240	72	75	1.16	1.13
4-5.....	176	100	1,405	1,684	54.4	69.3	56.3	73.0	173.4	190.9	4,345	4,910	74	75	1.18	1.38
All.....	454	287	1,369	1,535	56.0	63.6	55.0	66.9	165.5	173.0	3,970	4,472	73	75	1.17	1.22
Women:																
19-34.....	534	295	1,637	1,505	67.4	63.0	67.7	58.7	187.6	180.3	4,731	5,262	75	82	1.20	1.14
35-50.....	261	137	1,456	1,368	59.8	59.2	58.2	58.1	164.7	152.4	5,160	4,028	86	70	1.08	1.06
All.....	795	432	1,577	1,462	64.9	61.8	64.6	58.5	180.1	171.4	4,872	4,871	79	78	1.16	1.12
Suburban Areas:																
Children:																
1-3.....	282	173	1,272	1,377	48.1	54.2	49.0	56.4	164.1	166.9	3,281	3,514	79	74	1.07	1.09
4-5.....	195	123	1,605	1,523	58.6	61.5	63.5	63.0	205.5	181.5	4,529	3,324	93	61	1.37	1.15
All.....	477	296	1,408	1,438	52.4	57.2	54.9	59.1	181.0	173.0	3,791	3,435	85	69	1.19	1.12
Women:																
19-34.....	458	304	1,695	1,650	64.9	66.4	63.7	66.7	216.0	198.0	4,647	4,182	84	69	1.19	1.17
35-50.....	261	184	1,270	1,478	51.2	60.9	50.8	62.0	150.6	169.3	5,000	4,362	51	72	.88	1.00
All.....	719	487	1,540	1,585	59.9	64.3	59.0	64.9	192.3	187.2	4,776	4,250	72	71	1.08	1.11
Nonmetropolitan Areas:																
Children:																
1-3.....	246	123	1,379	1,519	53.4	60.6	57.3	63.6	166.8	180.7	3,814	5,269	79	101	1.09	1.39
4-5.....	137	110	1,556	1,717	56.7	67.7	62.4	72.8	197.3	203.2	4,689	6,152	76	101	1.22	1.40
All.....	384	233	1,443	1,612	54.6	63.9	59.1	67.9	177.7	191.3	4,127	5,686	78	101	1.14	1.39
Women:																
19-34.....	391	264	1,683	1,636	63.7	65.9	69.3	70.4	199.9	185.2	4,786	4,770	69	73	1.19	1.14
35-50.....	215	146	1,473	1,441	58.6	59.6	60.1	59.4	174.5	169.4	3,954	4,683	71	73	1.13	1.10
All.....	606	410	1,608	1,567	61.9	63.7	66.0	66.4	190.9	179.6	4,491	4,739	70	73	1.17	1.13

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Low-Income Households, Spring 1985 and Spring 1986
--continued

Urbanization and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Milligrams-----				-----Micrograms-----				-----Milligrams-----							
Central Cities:																
Children:																
1-3.....	1.65	1.82	14.2	12.9	1.22	1.14	4.05	5.17	786	1,025	999	1,193	185	192	10.8	9.8
4-5.....	1.58	1.96	14.7	16.0	1.23	1.34	4.32	4.58	718	1,051	937	1,310	172	213	10.6	11.7
All.....	1.62	1.87	14.4	14.0	1.23	1.21	4.16	4.97	760	1,034	975	1,234	180	199	10.7	10.5
Women:																
19-34.....	1.44	1.40	17.4	15.8	1.25	1.15	5.20	4.60	626	645	1,050	1,003	204	192	11.0	10.2
35-50.....	1.20	1.27	16.5	15.4	1.17	1.12	4.47	5.84	470	496	853	877	190	181	10.5	9.7
All.....	1.36	1.36	17.1	15.7	1.22	1.14	4.96	4.99	575	598	985	963	199	189	10.8	10.0
Suburban Areas:																
Children:																
1-3.....	1.51	1.61	13.1	13.2	1.18	1.14	3.95	3.90	707	799	889	982	168	178	9.8	10.2
4-5.....	1.85	1.59	16.3	14.9	1.53	1.16	4.23	3.78	842	772	1,074	1,075	203	190	11.6	10.3
All.....	1.65	1.60	14.4	13.9	1.32	1.15	4.07	3.85	762	788	964	1,021	182	183	10.5	10.2
Women:																
19-34.....	1.43	1.51	16.9	16.5	1.23	1.22	5.01	4.56	626	682	1,034	1,059	210	208	11.2	10.6
35-50.....	1.16	1.18	15.0	16.2	.97	1.11	5.65	4.02	466	563	795	934	177	200	9.0	9.6
All.....	1.33	1.39	16.2	16.4	1.14	1.18	5.24	4.36	568	637	947	1,012	198	205	10.4	10.2
Nonmetropolitan Areas:																
Children:																
1-3.....	1.66	1.95	13.4	16.7	1.18	1.53	4.39	5.40	800	892	988	1,118	180	206	9.8	12.2
4-5.....	1.67	2.02	15.9	16.8	1.33	1.44	4.68	5.02	751	1,008	1,002	1,275	189	220	10.9	12.1
All.....	1.66	1.98	14.3	16.8	1.23	1.49	4.50	5.22	783	947	993	1,192	183	212	10.2	12.2
Women:																
19-34.....	1.50	1.44	16.9	16.8	1.19	1.16	5.59	4.25	657	704	1,023	1,077	202	209	10.8	10.7
35-50.....	1.25	1.34	15.8	14.7	1.11	1.12	3.65	4.04	517	552	891	934	189	198	10.1	9.7
All.....	1.41	1.41	16.5	16.0	1.16	1.15	4.90	4.17	607	650	976	1,026	198	205	10.6	10.3

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization,
Low-Income Households, Spring 1985 and Spring 1986--continued

Urbanization and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Grams-----Milligrams-----Grams-----									
Central Cities:										
Children:										
1-3.....	21.4	26.8	20.0	23.1	8.8	9.3	291	314	8.0	8.5
4-5.....	21.3	29.8	21.0	26.6	10.0	11.5	251	375	8.1	9.8
All.....	21.4	27.8	20.4	24.3	9.2	10.1	275	335	8.0	8.9
Women:										
19-34.....	24.4	21.9	25.8	22.2	12.8	10.4	332	298	10.2	9.6
35-50.....	20.5	19.6	22.4	21.7	11.1	12.6	280	324	9.5	8.9
All.....	23.1	21.2	24.7	22.0	12.2	11.1	315	306	10.0	9.4
Suburban Areas:										
Children:										
1-3.....	19.9	23.0	17.8	20.7	7.8	8.6	245	286	7.9	8.5
4-5.....	25.6	24.2	23.1	23.4	10.3	10.7	285	319	10.7	9.7
All.....	22.2	23.5	20.0	21.8	8.8	9.5	262	300	9.1	9.0
Women:										
19-34.....	23.3	24.5	23.9	25.1	11.9	12.4	336	323	11.0	10.7
35-50.....	18.4	22.1	18.9	23.3	10.0	12.2	255	298	8.6	10.7
All.....	21.5	23.6	22.1	24.4	11.2	12.3	307	313	10.1	10.7
Nonmetropolitan Areas:										
Children:										
1-3.....	23.7	25.9	20.9	23.4	8.7	9.9	287	293	8.2	9.4
4-5.....	24.5	29.5	22.9	27.1	10.6	11.1	276	322	9.9	10.7
All.....	24.0	27.6	21.6	25.1	9.4	10.5	283	307	8.8	10.0
Women:										
19-34.....	26.3	26.1	25.9	26.5	12.4	12.8	317	310	10.2	10.2
35-50.....	21.9	21.7	23.2	22.9	10.8	10.6	303	297	9.9	11.2
All.....	24.7	24.6	24.9	25.3	11.8	12.0	312	305	10.1	10.6

Table 2.3A.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Low-Income Households, Spring 1985 and Spring 1986
--continued

Urbanization and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Retinol				Alpha-Tocopherol											
	-----Equivalents-----				---Equivalents---		-Micrograms--		-----Milligrams-----							
Central Cities:																
Children:																
1-3.....	740	929	196	180	7.3	5.2	187	183	7.8	8.2	0.7	0.8	2,015	2,497	1,801	1,901
4-5.....	833	966	244	266	7.1	5.9	196	201	7.5	9.3	.7	.8	2,144	2,867	1,696	2,033
All.....	776	942	215	210	7.2	5.5	190	189	7.7	8.6	.7	.8	2,065	2,625	1,760	1,947
Women:																
19-34.....	870	877	282	358	7.5	6.4	200	185	9.6	9.0	1.0	.9	2,586	2,392	1,968	1,909
35-50.....	847	771	357	226	6.9	7.5	188	180	8.0	8.4	.9	1.0	2,327	2,245	1,848	1,828
All.....	862	843	306	316	7.3	6.8	196	184	9.1	8.8	1.0	.9	2,501	2,345	1,929	1,883
Suburban Areas:																
Children:																
1-3.....	717	682	140	195	6.3	5.1	190	172	6.9	7.7	.8	.7	1,777	1,933	1,716	1,877
4-5.....	900	640	232	182	7.3	5.9	245	167	8.6	8.4	1.0	.8	2,285	2,264	2,079	1,873
All.....	792	665	178	190	6.7	5.5	212	170	7.6	8.0	.9	.8	1,985	2,070	1,864	1,876
Women:																
19-34.....	806	746	297	262	7.3	6.2	216	195	9.4	9.5	1.0	1.0	2,554	2,583	2,117	2,114
35-50.....	948	694	282	312	5.3	5.8	155	185	7.3	8.0	.9	.9	2,070	2,443	1,789	2,008
All.....	858	726	292	281	6.6	6.1	194	191	8.6	8.9	1.0	1.0	2,378	2,531	1,998	2,074
Nonmetropolitan Areas:																
Children:																
1-3.....	783	1,026	185	281	6.2	9.1	177	248	7.2	9.2	.7	.8	1,978	2,313	1,889	2,092
4-5.....	901	1,135	255	363	6.8	7.8	205	235	8.0	9.9	.8	.9	2,295	2,706	1,875	2,214
All.....	825	1,077	210	320	6.4	8.5	187	242	7.5	9.5	.8	.8	2,092	2,498	1,884	2,149
Women:																
19-34.....	909	773	271	340	7.3	7.1	192	187	8.9	9.4	1.0	1.0	2,475	2,563	2,072	2,089
35-50.....	661	755	272	333	5.7	6.2	177	192	8.4	8.3	.9	1.0	2,330	2,321	1,985	2,048
All.....	821	767	272	337	6.7	6.8	187	189	8.7	9.0	1.0	1.0	2,423	2,477	2,041	2,074

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 2.3B.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1986

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
International																
---Number---		Kilocalories				Grams						Units		Milligrams		
Central Cities:																
Children:																
1-3.....	103	85	1,365	1,566	56.0	66.2	57.1	71.6	159.9	167.9	3,169	5,545	64	88	1.12	1.14
4-5.....	55	45	1,639	1,738	68.2	70.8	68.7	78.2	190.5	191.4	4,496	5,419	79	69	1.50	1.23
All.....	158	129	1,461	1,625	60.2	67.8	61.1	73.9	170.5	176.0	3,630	5,502	69	81	1.25	1.17
Women:																
19-34.....	139	156	1,505	1,505	63.0	63.0	59.2	58.3	179.2	181.2	4,397	6,035	84	80	1.19	1.10
35-50.....	63	74	1,435	1,312	59.5	58.8	66.6	50.9	149.3	154.9	3,512	4,463	68	73	1.07	1.06
All.....	202	230	1,484	1,443	61.9	61.6	61.5	55.9	169.9	172.7	4,122	5,529	79	78	1.15	1.08
Suburban Areas:																
Children:																
1-3.....	75	98	1,412	1,350	53.6	54.6	55.5	57.0	178.6	158.0	3,173	3,775	82	69	1.10	1.08
4-5.....	58	65	1,577	1,475	67.1	56.5	67.2	59.3	179.5	183.2	3,403	3,253	56	65	1.27	1.05
All.....	133	163	1,484	1,400	59.5	55.3	60.6	57.9	179.0	168.0	3,273	3,567	71	67	1.17	1.07
Women:																
19-34.....	121	183	1,555	1,713	63.8	68.1	61.5	70.1	187.6	205.0	3,963	4,327	60	76	1.16	1.19
35-50.....	48	135	1,471	1,480	55.5	62.8	57.6	63.6	184.2	164.0	2,468	5,040	61	76	.91	1.04
All.....	170	318	1,531	1,614	61.5	65.9	60.4	67.3	186.6	187.5	3,536	4,630	60	76	1.09	1.12
Nonmetropolitan Areas:																
Children:																
1-3.....	57	66	1,548	1,494	62.8	58.7	66.6	61.1	179.6	181.6	4,927	5,563	100	102	1.49	1.30
4-5.....	55	55	1,765	1,669	71.4	64.0	79.1	66.5	197.3	208.9	5,895	6,406	85	118	1.38	1.41
All.....	111	121	1,655	1,574	67.0	61.1	72.7	63.6	188.3	194.0	5,401	5,947	93	109	1.44	1.35
Women:																
19-34.....	114	150	1,613	1,653	67.0	65.1	69.9	70.7	182.1	187.5	5,636	4,111	77	71	1.21	1.09
35-50.....	58	88	1,319	1,522	54.7	62.9	51.9	64.4	161.8	174.4	5,137	4,382	70	75	1.02	1.15
All.....	172	237	1,513	1,605	62.8	64.3	63.8	68.4	175.3	182.7	5,468	4,211	75	72	1.14	1.11

Table 2.38.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Urbanization and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Milligrams----- -Micrograms- -----Milligrams-----																
Central Cities:																
Children:																
1-3.....	1.70	1.98	12.8	13.1	1.13	1.16	3.84	6.79	916	1,158	1,072	1,342	174	215	9.5	10.2
4-5.....	1.99	1.91	16.7	15.2	1.44	1.21	4.61	4.54	967	1,155	1,245	1,391	208	218	11.9	11.4
All.....	1.80	1.96	14.2	13.8	1.23	1.18	4.11	6.02	934	1,157	1,132	1,359	186	216	10.3	10.6
Women:																
19-34.....	1.32	1.47	15.7	15.9	1.17	1.14	3.66	5.45	592	692	979	1,024	193	191	10.2	10.2
35-50.....	1.15	1.37	14.8	15.9	1.09	1.14	3.43	7.87	464	522	864	888	180	182	9.8	9.6
All.....	1.26	1.44	15.4	15.9	1.14	1.14	3.59	6.23	552	638	943	980	189	188	10.1	10.0
Suburban Areas:																
Children:																
1-3.....	1.51	1.69	13.2	13.2	1.10	1.17	3.42	4.27	750	837	974	989	178	179	9.6	10.6
4-5.....	1.75	1.45	16.0	13.9	1.19	1.14	3.82	3.74	834	716	1,170	990	204	177	10.9	9.8
All.....	1.61	1.60	14.4	13.5	1.14	1.15	3.60	4.06	787	789	1,059	990	189	178	10.2	10.3
Women:																
19-34.....	1.42	1.58	16.6	16.5	1.17	1.26	4.91	4.34	577	751	990	1,105	190	219	10.4	10.8
35-50.....	1.02	1.23	13.8	17.1	1.01	1.15	2.87	4.43	487	590	872	957	181	207	8.7	9.9
All.....	1.31	1.43	15.8	16.7	1.12	1.21	4.33	4.38	552	682	957	1,042	188	214	9.9	10.4
Nonmetropolitan Areas:																
Children:																
1-3.....	2.08	1.83	18.4	15.3	1.62	1.45	6.62	4.35	929	860	1,153	1,088	220	194	13.6	11.1
4-5.....	2.10	1.95	17.0	16.6	1.40	1.47	5.40	4.65	1,060	956	1,344	1,206	229	212	12.5	11.7
All.....	2.09	1.88	17.7	15.9	1.52	1.46	6.02	4.49	993	904	1,247	1,142	224	202	13.1	11.3
Women:																
19-34.....	1.58	1.34	16.3	17.1	1.17	1.15	4.22	4.27	769	655	1,109	1,052	210	208	11.2	10.3
35-50.....	1.32	1.35	14.9	14.5	1.10	1.13	4.51	3.72	543	557	861	983	187	206	9.9	9.5
All.....	1.49	1.34	15.8	16.2	1.14	1.15	4.31	4.07	693	619	1,025	1,027	202	207	10.8	10.0

Table 2.3B.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Urbanization and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Grams----- -Milligrams-- ----Grams----										
Central Cities:										
Children:										
1-3.....	23.8	30.5	21.0	25.8	8.4	10.3	272	366	7.4	9.8
4-5.....	27.6	32.5	25.0	28.5	11.4	11.7	365	386	9.3	10.5
All.....	25.1	31.2	22.4	26.7	9.5	10.8	304	373	8.0	10.0
Women:										
19-34.....	22.0	21.9	22.4	22.0	10.6	10.1	305	292	9.9	9.3
35-50.....	21.1	18.4	24.6	19.3	16.2	9.6	345	306	8.8	9.0
All.....	21.7	20.8	23.1	21.1	12.3	10.0	317	297	9.5	9.2
Suburban Areas:										
Children:										
1-3.....	21.6	24.1	20.2	21.1	9.5	7.8	308	269	8.8	8.3
4-5.....	25.9	22.7	24.7	22.3	11.6	9.9	381	264	10.0	9.4
All.....	23.5	23.5	22.2	21.5	10.4	8.6	340	267	9.3	8.7
Women:										
19-34.....	22.2	26.0	23.5	26.2	11.3	13.1	329	319	10.2	11.1
35-50.....	20.0	22.9	21.4	24.0	12.2	12.2	268	308	10.0	10.9
All.....	21.6	24.7	22.9	25.3	11.6	12.7	312	314	10.1	11.0
Nonmetropolitan Areas:										
Children:										
1-3.....	27.1	24.8	24.4	22.5	10.5	9.5	296	289	10.1	8.8
4-5.....	32.0	27.1	29.5	24.7	12.2	10.1	390	256	10.9	10.4
All.....	29.5	25.8	26.9	23.5	11.3	9.8	342	274	10.5	9.5
Women:										
19-34.....	26.3	26.0	26.4	26.7	12.2	13.2	324	299	9.8	10.6
35-50.....	19.1	23.4	19.8	25.0	9.2	11.5	276	312	10.5	11.6
All.....	23.9	25.1	24.1	26.1	11.2	12.6	308	303	10.0	11.0

Table 2.3B.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Urbanization and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Retinol				Alpha-Tocopherol											
	-----Equivalents-----				-----Equivalents-----				-Micrograms-		-----Milligrams-----					
Central Cities:																
Children:																
1-3.....	654	1,263	152	215	4.7	5.9	176	191	7.6	8.9	0.7	0.9	2,246	2,803	1,771	2,061
4-5.....	896	1,053	235	304	5.5	6.4	217	182	9.5	9.0	.8	.8	2,768	2,988	2,078	1,978
All.....	738	1,190	181	246	5.0	6.1	191	188	8.3	9.0	.7	.9	2,427	2,867	1,877	2,032
Women:																
19-34.....	689	1,045	319	393	6.3	6.6	183	188	9.2	8.8	.9	.9	2,493	2,301	1,921	1,898
35-50.....	573	938	247	208	10.1	5.4	198	164	7.8	8.9	.9	1.0	2,305	2,194	1,790	1,859
All.....	653	1,010	297	334	7.5	6.2	187	180	8.8	8.8	.9	1.0	2,435	2,267	1,880	1,885
Suburban Areas:																
Children:																
1-3.....	634	719	170	214	6.7	3.9	199	151	7.0	8.1	.8	.7	2,100	1,805	1,831	1,913
4-5.....	661	621	183	180	6.1	5.7	180	155	8.8	8.1	.8	.8	2,388	2,154	1,927	1,825
All.....	646	680	176	201	6.5	4.6	191	153	7.8	8.1	.8	.7	2,226	1,944	1,873	1,878
Women:																
19-34.....	713	768	245	274	6.0	6.3	178	207	9.1	9.8	1.0	1.0	2,499	2,639	1,920	2,243
35-50.....	400	799	170	363	6.0	5.8	166	192	7.7	8.1	.9	.9	2,260	2,509	1,801	2,082
All.....	624	781	223	311	6.0	6.1	174	201	8.7	9.1	1.0	1.0	2,431	2,584	1,886	2,174
Nonmetropolitan Areas:																
Children:																
1-3.....	1,042	1,012	221	333	11.6	7.0	278	222	10.0	8.4	.9	.8	2,470	2,178	2,238	1,967
4-5.....	1,161	1,110	315	411	9.3	6.3	248	222	10.6	9.2	.9	.8	2,937	2,477	2,252	2,175
All.....	1,100	1,057	267	368	10.5	6.7	263	222	10.3	8.8	.9	.8	2,699	2,314	2,245	2,062
Women:																
19-34.....	890	685	409	287	7.7	6.8	198	178	10.1	8.9	.9	1.0	2,663	2,488	2,140	2,050
35-50.....	895	662	323	340	6.9	5.8	199	187	7.9	8.6	.9	1.0	2,207	2,397	1,958	2,107
All.....	892	676	380	307	7.4	6.4	199	182	9.4	8.8	.9	1.0	2,509	2,454	2,078	2,071

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985 and Spring 1986

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	International															
	---Number---		Kilocalories				-----Grams-----				---Units---		-----Milligrams-----			
Northeast:																
Children:																
1-3.....	191	87	1,423	1,425	55.9	56.1	55.5	58.3	179.7	172.8	3,723	4,174	101	87	1.32	1.22
4-5.....	120	57	1,612	1,641	58.7	63.7	61.9	67.3	209.9	200.1	5,048	4,612	106	82	1.46	1.34
All.....	310	145	1,496	1,511	57.0	59.1	58.0	61.8	191.3	183.6	4,234	4,348	103	85	1.37	1.27
Women:																
19-34.....	324	164	1,666	1,577	67.1	63.7	67.4	62.9	196.0	190.2	5,138	3,952	87	77	1.23	1.18
35-50.....	205	88	1,375	1,294	57.2	56.8	54.5	52.5	162.5	146.3	4,848	4,013	74	74	1.03	.98
All.....	530	251	1,553	1,479	63.2	61.3	62.4	59.3	183.0	174.9	5,026	3,973	82	76	1.15	1.11
Midwest:																
Children:																
1-3.....	163	129	1,350	1,498	53.4	58.3	55.2	62.6	164.1	179.9	3,140	4,582	75	88	1.08	1.24
4-5.....	90	94	1,607	1,670	58.5	67.1	65.3	70.4	201.2	196.3	4,398	5,503	82	92	1.26	1.36
All.....	253	222	1,441	1,571	55.2	62.0	58.8	65.9	177.2	186.8	3,586	4,970	77	89	1.14	1.29
Women:																
19-34.....	299	237	1,609	1,633	66.4	65.5	66.2	69.8	183.6	184.5	4,122	5,149	61	66	1.14	1.18
35-50.....	178	94	1,429	1,612	54.1	65.2	58.0	74.4	166.2	173.0	4,509	4,047	70	71	1.03	1.11
All.....	477	331	1,542	1,627	61.8	65.4	63.1	71.1	177.2	181.2	4,266	4,835	64	68	1.10	1.16
South:																
Children:																
1-3.....	284	154	1,248	1,297	49.0	54.5	49.8	53.8	154.1	151.4	3,669	3,350	64	63	1.02	1.03
4-5.....	179	108	1,494	1,488	55.2	58.6	59.7	60.4	188.5	181.2	4,587	3,983	70	63	1.15	1.19
All.....	463	262	1,344	1,376	51.4	56.2	53.7	56.5	167.4	163.6	4,025	3,610	67	63	1.07	1.10
Women:																
19-34.....	469	264	1,705	1,544	63.8	61.5	64.1	61.3	217.9	187.5	4,453	3,946	73	68	1.20	1.06
35-50.....	264	181	1,368	1,297	55.7	54.6	54.6	50.4	162.6	157.6	4,835	3,883	66	57	.98	.93
All.....	733	444	1,583	1,443	60.9	58.7	60.7	56.9	198.0	175.3	4,590	3,920	70	64	1.12	1.01
West:																
Children:																
1-3.....	168	114	1,341	1,593	55.2	65.1	54.9	71.1	161.2	178.0	3,784	5,109	72	94	1.04	1.28
4-5.....	120	74	1,413	1,802	55.3	76.6	57.6	82.1	173.3	193.5	3,936	4,941	74	81	1.24	1.36
All.....	288	188	1,371	1,675	55.2	69.6	56.0	75.4	166.3	184.1	3,847	5,043	73	89	1.13	1.31
Women:																
19-34.....	289	199	1,676	1,637	65.8	70.5	71.5	66.2	194.7	191.2	5,300	5,919	86	93	1.20	1.22
35-50.....	91	103	1,451	1,631	61.3	67.5	60.9	70.1	155.5	183.6	4,763	5,794	68	97	1.10	1.26
All.....	380	302	1,622	1,635	64.7	69.5	68.9	67.6	185.3	188.6	5,171	5,876	82	94	1.18	1.23

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985 and Spring 1986
--continued

Region and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Milligrams----- --Micrograms-- -----Milligrams-----																
Northeast:																
Children:																
1-3.....	1.90	1.90	16.1	13.6	1.48	1.22	4.51	4.47	890	1,016	1,055	1,099	193	196	12.1	10.1
4-5.....	1.94	1.83	17.1	16.9	1.59	1.33	4.72	4.68	853	904	1,076	1,139	203	210	12.3	11.5
All.....	1.91	1.87	16.5	14.9	1.52	1.27	4.59	4.56	876	972	1,063	1,115	197	201	12.2	10.7
Women:																
19-34.....	1.53	1.36	17.8	16.7	1.28	1.17	6.15	3.43	673	614	1,068	988	214	196	11.6	10.2
35-50.....	1.22	1.23	16.5	16.4	1.10	1.14	4.11	3.90	502	518	850	837	192	198	10.4	9.4
All.....	1.41	1.31	17.3	16.6	1.21	1.16	5.36	3.60	606	581	984	935	206	197	11.1	9.9
Midwest:																
Children:																
1-3.....	1.60	1.83	13.3	14.8	1.16	1.33	4.42	4.18	757	929	969	1,110	179	193	10.1	11.3
4-5.....	1.83	1.96	15.7	15.8	1.39	1.35	5.29	4.81	864	1,012	1,065	1,256	192	216	10.6	11.7
All.....	1.68	1.89	14.2	15.3	1.24	1.34	4.73	4.44	795	964	1,003	1,172	183	203	10.3	11.5
Women:																
19-34.....	1.46	1.56	17.2	16.8	1.16	1.18	5.87	4.38	626	760	1,034	1,098	206	210	10.3	10.8
35-50.....	1.18	1.35	15.4	15.2	1.06	1.18	3.31	4.10	513	649	848	1,035	193	213	9.7	10.1
All.....	1.35	1.50	16.5	16.3	1.12	1.18	4.92	4.30	584	729	965	1,080	201	211	10.1	10.6
South:																
Children:																
1-3.....	1.37	1.52	12.3	12.6	1.02	1.05	3.48	4.39	637	750	846	957	157	167	9.0	8.9
4-5.....	1.51	1.59	15.0	15.3	1.23	1.22	3.80	3.65	683	726	943	1,017	180	180	10.1	10.6
All.....	1.42	1.55	13.4	13.7	1.10	1.12	3.60	4.09	655	740	884	982	166	172	9.4	9.6
Women:																
19-34.....	1.37	1.24	16.4	15.1	1.19	1.06	4.48	4.47	583	529	990	925	192	183	10.6	9.5
35-50.....	1.16	1.06	15.0	14.4	1.03	.98	6.11	5.31	425	411	808	794	167	163	9.1	8.6
All.....	1.30	1.17	15.9	14.8	1.13	1.03	5.07	4.82	526	481	925	872	183	175	10.1	9.1
West:																
Children:																
1-3.....	1.66	1.98	13.0	15.1	1.19	1.40	4.48	6.19	837	1,024	1,022	1,276	193	216	9.9	12.3
4-5.....	1.70	2.07	15.2	16.0	1.34	1.35	4.25	4.89	766	1,160	991	1,496	184	232	11.6	11.7
All.....	1.68	2.01	13.9	15.5	1.26	1.38	4.38	5.68	807	1,078	1,009	1,362	189	222	10.6	12.1
Women:																
19-34.....	1.51	1.69	17.3	17.2	1.29	1.34	4.83	5.47	686	822	1,080	1,190	218	226	11.7	11.7
35-50.....	1.31	1.53	17.0	16.9	1.23	1.27	4.23	4.21	543	683	927	1,093	207	227	10.9	11.2
All.....	1.46	1.64	17.2	17.1	1.27	1.32	4.69	5.04	652	774	1,043	1,157	215	226	11.5	11.5

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985 and Spring 1986--continued

Region and Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Grams-----				-----Milligrams-----		-----Grams-----			
Northeast:										
Children:										
1-3.....	23.6	25.6	19.4	20.6	8.6	8.2	258	265	8.2	7.7
4-5.....	24.8	26.6	22.4	24.9	10.3	10.8	282	298	9.7	9.9
All.....	24.0	26.0	20.6	22.4	9.2	9.2	267	278	8.8	8.6
Women:										
19-34.....	25.0	23.2	24.9	23.6	12.6	11.7	341	298	10.2	10.2
35-50.....	20.2	19.2	20.2	19.6	10.2	9.9	259	249	9.2	9.4
All.....	23.1	21.8	23.1	22.2	11.7	11.1	309	281	9.8	9.9
Midwest:										
Children:										
1-3.....	21.8	25.6	20.5	23.1	8.9	9.7	281	260	8.1	9.4
4-5.....	25.5	28.5	24.0	25.8	11.4	11.2	239	354	9.0	10.2
All.....	23.1	26.8	21.7	24.2	9.8	10.3	267	300	8.4	9.8
Women:										
19-34.....	24.7	26.4	24.8	26.1	12.0	12.5	320	296	9.8	10.2
35-50.....	21.1	25.9	22.1	27.5	10.8	16.0	227	336	10.1	11.7
All.....	23.3	26.3	23.8	26.5	11.5	13.5	285	308	10.0	10.6
South:										
Children:										
1-3.....	19.9	21.6	18.5	19.9	7.9	8.2	262	296	7.4	7.5
4-5.....	23.4	22.8	22.2	22.7	10.0	10.4	263	290	9.4	9.2
All.....	21.2	22.1	20.0	21.1	8.7	9.1	262	293	8.2	8.2
Women:										
19-34.....	23.2	21.9	24.4	23.9	12.0	11.1	318	313	10.3	9.6
35-50.....	18.8	17.6	21.0	19.6	10.8	9.4	316	291	8.4	9.4
All.....	21.6	20.2	23.2	22.2	11.5	10.4	317	304	9.6	9.5
West:										
Children:										
1-3.....	22.1	29.4	20.1	26.0	8.8	10.7	304	371	8.8	10.2
4-5.....	22.3	34.3	21.2	30.1	9.9	12.2	294	414	10.1	11.1
All.....	22.2	31.3	20.6	27.6	9.2	11.3	300	388	9.3	10.6
Women:										
19-34.....	26.2	25.1	27.1	24.4	13.2	12.1	346	334	11.7	10.9
35-50.....	22.3	25.1	23.9	26.4	10.6	13.8	308	351	10.2	11.4
All.....	25.2	25.1	26.3	25.1	12.6	12.7	336	340	11.4	11.1

Table 2.4A.--Nutrient Intakes: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985 and Spring 1986
--continued

Region and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986		
	Retinol				Alpha-Tocopherol													
	-----Equivalents-----				---Equivalents---		-Micrograms--		-----Milligrams-----									
Northeast:																		
Children:																		
1-3.....	833	804	146	227	9.3	4.9	225	188	7.7	7.5	0.9	0.7	2,045	2,082	2,067	2,081		
4-5.....	1,017	847	252	270	7.6	7.3	259	196	8.6	9.0	1.1	.9	2,489	2,378	2,144	2,115		
All.....	904	821	187	244	8.7	5.9	238	191	8.1	8.1	.9	.8	2,216	2,200	2,097	2,094		
Women:																		
19-34.....	977	626	288	285	7.6	6.0	205	180	9.4	8.7	1.1	1.0	2,668	2,554	2,160	2,076		
35-50.....	797	678	336	269	5.8	6.3	169	165	7.8	7.3	1.0	.9	2,270	2,223	1,929	1,992		
All.....	907	644	306	280	6.9	6.1	191	175	8.8	8.2	1.0	1.0	2,514	2,439	2,070	2,047		
Midwest:																		
Children:																		
1-3.....	734	903	111	246	5.6	5.1	176	198	7.4	8.6	.7	.8	2,002	2,423	1,775	2,022		
4-5.....	973	1,026	183	321	6.2	5.6	195	218	7.9	9.9	.8	.8	2,403	2,610	1,907	2,197		
All.....	819	955	136	278	5.8	5.3	183	206	7.6	9.1	.8	.8	2,145	2,502	1,822	2,096		
Women:																		
19-34.....	845	877	200	343	6.1	6.6	179	184	9.6	9.2	1.1	.9	2,443	2,690	2,060	2,128		
35-50.....	706	669	329	282	5.2	8.3	180	168	7.6	9.2	.9	1.0	2,217	2,780	1,944	2,171		
All.....	793	818	248	326	5.8	7.1	180	180	8.9	9.2	1.0	1.0	2,359	2,716	2,017	2,141		
South:																		
Children:																		
1-3.....	690	701	210	156	5.5	4.3	164	164	6.7	7.4	.7	.7	1,885	1,883	1,580	1,717		
4-5.....	804	740	289	233	6.7	6.0	199	173	7.8	7.6	.8	.8	2,129	2,283	1,748	1,806		
All.....	734	717	241	188	6.0	5.0	177	168	7.1	7.5	.7	.7	1,979	2,048	1,645	1,754		
Women:																		
19-34.....	782	693	281	255	7.2	5.2	203	178	9.0	8.5	1.0	.9	2,519	2,338	1,908	1,801		
35-50.....	961	734	253	222	5.6	4.7	160	185	7.6	7.1	.9	.9	2,231	2,095	1,734	1,653		
All.....	847	709	271	242	6.6	5.0	187	181	8.5	7.9	1.0	.9	2,416	2,239	1,845	1,741		
West:																		
Children:																		
1-3.....	748	1,091	201	234	6.4	11.0	182	241	7.7	9.5	.7	.8	1,761	2,670	1,885	2,046		
4-5.....	774	1,021	208	245	7.9	7.8	220	219	8.0	10.6	.7	.9	2,029	3,183	1,841	2,094		
All.....	759	1,063	204	238	7.0	9.7	198	232	7.8	10.0	.7	.9	1,873	2,871	1,867	2,065		
Women:																		
19-34.....	869	990	371	402	8.8	8.9	223	218	9.4	10.9	1.0	1.0	2,550	2,496	2,131	2,206		
35-50.....	755	849	347	449	8.9	7.9	210	222	9.2	10.0	.9	1.1	2,217	2,496	1,964	2,309		
All.....	842	942	365	418	8.8	8.5	220	220	9.4	10.6	1.0	1.0	2,471	2,496	2,091	2,241		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 2.48.--Nutrient Intakes: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1986

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---		Kilocalories		-----Grams-----								International Units		-----Milligrams-----		
Northeast:																
Children:																
1-3.....	51	36	1,324	1,569	52.3	61.4	54.5	63.7	159.0	192.5	3,742	4,787	80	98	1.08	1.41
4-5.....	29	28	1,681	1,601	66.5	60.9	71.4	63.1	197.3	202.9	3,079	6,164	69	94	1.34	1.33
All.....	80	65	1,452	1,583	57.4	61.2	60.6	63.4	172.8	197.1	3,503	5,395	76	96	1.17	1.38
Women:																
19-34.....	86	78	1,556	1,601	63.6	63.9	64.4	61.3	181.1	200.4	3,432	4,527	69	85	1.14	1.23
35-50.....	35	52	1,364	1,247	56.1	57.3	50.3	54.0	171.5	129.2	3,954	4,053	67	78	1.05	.94
All.....	122	130	1,500	1,459	61.4	61.2	60.3	58.4	178.3	171.8	3,584	4,337	69	82	1.11	1.11
Midwest:																
Children:																
1-3.....	60	68	1,623	1,388	60.9	56.1	68.2	57.7	196.8	164.9	3,577	5,468	90	85	1.31	1.17
4-5.....	52	42	1,736	1,587	72.0	61.0	75.9	63.5	195.4	197.4	5,935	4,963	90	95	1.46	1.23
All.....	112	110	1,675	1,464	66.0	57.9	71.8	59.9	196.2	177.2	4,670	5,277	90	89	1.38	1.19
Women:																
19-34.....	102	134	1,552	1,695	64.7	66.2	64.9	73.5	177.1	190.1	5,399	4,959	73	61	1.20	1.16
35-50.....	38	57	1,369	1,773	57.5	70.2	66.5	79.7	136.2	197.5	4,045	4,048	54	82	.85	1.28
All.....	140	191	1,503	1,718	62.8	67.4	65.3	75.3	166.1	192.3	5,034	4,689	68	67	1.11	1.19
South:																
Children:																
1-3.....	74	80	1,366	1,233	57.5	51.7	56.2	51.5	160.0	143.3	3,010	3,667	63	63	1.13	.94
4-5.....	59	49	1,567	1,393	62.7	53.8	64.2	55.8	188.9	171.9	4,255	3,657	63	63	1.36	.99
All.....	133	129	1,455	1,294	59.8	52.5	59.7	53.1	172.8	154.2	3,559	3,663	63	63	1.23	.96
Women:																
19-34.....	111	153	1,490	1,583	60.3	62.4	58.2	63.6	181.8	191.6	3,273	4,435	66	70	1.10	1.03
35-50.....	57	123	1,257	1,316	50.1	56.6	48.1	51.5	158.1	157.3	3,661	3,986	68	52	.93	.93
All.....	168	276	1,410	1,464	56.8	59.8	54.8	58.2	173.7	176.3	3,405	4,235	67	62	1.04	.99
West:																
Children:																
1-3.....	49	65	1,374	1,760	55.9	72.1	55.9	82.7	166.7	186.6	4,342	5,695	85	101	1.29	1.28
4-5.....	28	46	1,683	1,876	78.3	75.6	79.0	84.1	168.2	209.1	4,239	5,373	67	90	1.33	1.38
All.....	77	110	1,486	1,808	64.0	73.5	64.3	83.3	167.2	195.9	4,305	5,562	79	97	1.30	1.32
Women:																
19-34.....	75	123	1,650	1,630	71.5	69.9	66.9	65.8	194.0	189.4	6,987	5,271	93	93	1.34	1.15
35-50.....	39	65	1,700	1,590	66.2	68.3	75.6	66.9	191.2	179.1	3,506	7,157	75	111	1.23	1.28
All.....	114	188	1,667	1,616	69.7	69.3	69.8	66.2	193.1	185.9	5,804	5,920	87	99	1.30	1.19

Table 2.4B.--Nutrient Intakes: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Region and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Milligrams----- --Micrograms-----Milligrams-----																
Northeast:																
Children:																
1-3.....	1.75	2.10	11.3	16.8	1.08	1.44	4.01	5.13	955	1,102	1,048	1,173	179	220	8.3	12.7
4-5.....	1.83	1.83	16.9	16.8	1.26	1.40	4.53	4.83	887	921	1,169	1,108	214	206	11.1	12.0
All.....	1.78	1.98	13.3	16.8	1.14	1.42	4.20	5.00	931	1,022	1,091	1,145	191	214	9.3	12.4
Women:																
19-34.....	1.27	1.45	16.2	17.3	1.12	1.23	3.31	3.57	589	643	973	1,004	184	210	10.0	10.4
35-50.....	1.23	1.22	16.1	16.5	1.17	1.12	3.23	4.36	550	495	842	834	191	203	10.8	8.5
All.....	1.26	1.36	16.2	17.0	1.13	1.18	3.29	3.89	578	584	935	936	186	207	10.2	9.7
Midwest:																
Children:																
1-3.....	1.85	1.82	15.4	14.4	1.32	1.33	4.06	4.29	959	902	1,173	1,055	200	188	11.7	11.0
4-5.....	2.07	1.83	15.8	15.8	1.36	1.35	4.93	4.65	1,042	974	1,322	1,173	226	204	12.1	11.2
All.....	1.95	1.82	15.6	14.9	1.34	1.34	4.46	4.42	997	929	1,242	1,100	212	194	11.9	11.1
Women:																
19-34.....	1.50	1.60	16.0	17.4	1.11	1.23	4.12	4.57	714	795	1,073	1,116	203	214	10.6	10.9
35-50.....	1.14	1.48	13.6	16.3	1.03	1.28	3.94	4.21	519	736	834	1,169	167	244	8.3	11.3
All.....	1.41	1.57	15.3	17.1	1.09	1.24	4.07	4.47	662	778	1,009	1,132	194	223	10.0	11.0
South:																
Children:																
1-3.....	1.57	1.47	14.1	11.2	1.14	.96	3.53	5.19	772	730	1,008	909	178	157	9.6	8.2
4-5.....	1.84	1.29	17.2	13.0	1.37	1.05	4.17	3.04	810	626	1,107	909	197	159	12.1	8.7
All.....	1.69	1.40	15.5	11.9	1.24	1.00	3.81	4.37	789	690	1,052	909	186	158	10.7	8.4
Women:																
19-34.....	1.26	1.22	14.9	15.2	1.09	1.04	3.17	5.42	523	534	896	947	180	185	9.5	9.5
35-50.....	.95	1.12	13.0	15.1	.94	1.00	3.46	6.18	348	440	731	824	156	166	8.2	8.8
All.....	1.16	1.17	14.3	15.2	1.04	1.02	3.27	5.76	463	492	840	892	172	177	9.0	9.2
West:																
Children:																
1-3.....	1.79	2.11	16.2	14.3	1.44	1.37	6.42	6.02	801	1,195	1,013	1,477	190	236	12.8	11.9
4-5.....	2.02	2.10	16.2	15.9	1.34	1.35	4.93	4.86	1,145	1,169	1,505	1,490	226	235	11.0	12.1
All.....	1.88	2.11	16.2	15.0	1.41	1.36	5.88	5.54	925	1,185	1,191	1,482	203	236	12.2	12.0
Women:																
19-34.....	1.77	1.65	18.3	16.6	1.42	1.30	7.01	4.54	775	850	1,197	1,186	230	223	12.6	11.1
35-50.....	1.46	1.57	16.2	17.2	1.22	1.30	3.99	4.35	653	700	1,115	1,080	230	225	11.6	11.0
All.....	1.66	1.62	17.6	16.8	1.35	1.30	5.98	4.47	734	798	1,169	1,149	230	224	12.3	11.0

Table 2.4B.--Nutrient Intakes: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Region and Age of Individuals (Years)	Saturated Fat		Monounsatur- ated Fat		Polyunsatur- ated Fat		Cholesterol		Dietary Fiber	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Grams-----				-Milligrams--		----Grams----			
Northeast:										
Children:										
1-3.....	24.2	27.6	19.3	22.6	7.2	9.6	282	240	6.5	9.5
4-5.....	27.8	25.5	27.4	22.5	11.3	10.3	350	246	8.9	10.9
All.....	25.5	26.6	22.2	22.5	8.7	9.9	307	242	7.3	10.1
Women:										
19-34.....	23.7	22.8	24.6	22.4	11.6	11.9	324	269	9.2	11.4
35-50.....	18.0	20.0	18.7	20.2	9.8	10.0	250	248	9.7	9.3
All.....	22.0	21.7	22.9	21.5	11.1	11.2	303	261	9.3	10.5
Midwest:										
Children:										
1-3.....	26.7	24.5	25.2	21.2	11.7	8.0	285	239	10.0	8.9
4-5.....	30.5	26.1	27.6	23.5	12.5	9.4	449	236	10.3	10.2
All.....	28.5	25.1	26.3	22.1	12.1	8.5	361	238	10.1	9.4
Women:										
19-34.....	24.1	28.1	24.3	27.4	11.9	13.0	294	298	10.2	10.1
35-50.....	21.8	28.7	24.0	29.8	16.3	15.7	311	353	8.5	13.9
All.....	23.5	28.3	24.2	28.1	13.1	13.8	299	314	9.8	11.2
South:										
Children:										
1-3.....	22.2	21.1	20.8	19.1	9.0	7.5	311	282	8.2	7.0
4-5.....	24.4	21.0	23.8	21.3	11.3	9.4	314	262	10.1	8.2
All.....	23.2	21.0	22.1	19.9	10.0	8.2	312	274	9.0	7.4
Women:										
19-34.....	21.1	22.5	22.5	24.9	10.2	11.8	327	303	9.7	9.6
35-50.....	16.1	18.3	18.8	20.0	9.6	9.3	277	297	9.6	9.3
All.....	19.4	20.7	21.2	22.7	10.0	10.6	310	300	9.7	9.5
West:										
Children:										
1-3.....	22.6	34.5	20.5	30.2	8.9	12.1	271	448	9.3	10.9
4-5.....	33.7	34.6	28.4	31.1	11.5	12.6	415	414	10.8	11.3
All.....	26.6	34.6	23.4	30.6	9.9	12.3	323	434	9.8	11.1
Women:										
19-34.....	25.4	24.9	24.9	24.1	11.9	12.1	334	334	10.8	11.0
35-50.....	26.4	24.4	28.0	25.5	16.1	12.4	366	341	11.2	11.6
All.....	25.7	24.7	25.9	24.6	13.4	12.2	345	336	11.0	11.2

Table 2.4B.--Nutrient Intakes: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Region and Age of Individuals (Years)	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Retinol				Alpha-Tocopherol											
	-----Equivalents-----				---Equivalents---				-Micrograms--		-----Milligrams-----					
Northeast:																
Children:																
1-3.....	710	938	209	253	5.3	4.3	181	199	7.0	8.2	0.7	0.9	2,036	2,148	1,895	2,344
4-5.....	669	1,027	132	409	8.4	6.2	204	187	9.2	8.7	.9	.9	2,399	2,358	2,070	2,160
All.....	695	977	181	322	6.4	5.2	190	193	7.8	8.4	.8	.9	2,167	2,240	1,958	2,263
Women:																
19-34.....	563	695	238	337	6.1	5.8	165	196	8.9	8.6	1.0	1.0	2,559	2,548	1,904	2,266
35-50.....	620	718	286	257	8.1	5.1	185	152	6.9	7.5	.9	.9	2,297	2,173	1,790	2,129
All.....	580	704	252	305	6.7	5.5	171	178	8.3	8.2	.9	1.0	2,483	2,398	1,871	2,211
Midwest:																
Children:																
1-3.....	770	1,020	161	322	5.8	4.5	233	167	8.7	8.5	.8	.8	2,780	2,108	2,100	1,953
4-5.....	1,082	956	360	271	6.2	4.9	242	189	10.9	8.6	.9	.8	2,815	2,353	2,264	2,114
All.....	914	996	253	303	6.0	4.7	237	175	9.7	8.6	.8	.8	2,796	2,201	2,176	2,014
Women:																
19-34.....	833	912	400	300	6.1	7.0	166	199	9.2	9.2	.9	.9	2,748	2,646	2,089	2,159
35-50.....	611	708	308	265	8.7	8.1	140	186	8.5	9.6	.8	1.2	2,237	3,141	1,865	2,374
All.....	773	851	375	290	6.8	7.3	159	195	9.0	9.3	.9	1.0	2,611	2,793	2,029	2,223
South:																
Children:																
1-3.....	612	785	151	161	4.9	3.7	176	154	7.4	7.5	.7	.7	1,977	1,796	1,788	1,652
4-5.....	858	598	215	255	6.9	5.0	190	152	8.2	6.9	.9	.7	2,452	2,081	1,943	1,642
All.....	720	714	179	197	5.7	4.2	182	153	7.8	7.3	.8	.7	2,186	1,904	1,856	1,648
Women:																
19-34.....	537	807	227	276	5.1	5.3	181	176	8.4	8.5	.8	1.0	2,286	2,376	1,749	1,839
35-50.....	691	754	206	229	5.4	4.4	201	177	6.6	7.4	.9	.9	1,987	2,145	1,606	1,676
All.....	589	783	220	255	5.2	4.9	188	177	7.8	8.0	.8	.9	2,184	2,273	1,700	1,766
West:																
Children:																
1-3.....	936	1,209	190	267	13.5	9.1	254	230	9.1	9.9	.8	.9	2,251	2,989	1,844	2,201
4-5.....	893	1,100	199	273	7.0	8.2	226	215	10.7	10.6	.9	.9	3,264	3,132	2,048	2,123
All.....	920	1,164	193	269	11.2	8.7	244	224	9.7	10.2	.8	.9	2,617	3,048	1,917	2,169
Women:																
19-34.....	1,208	858	456	369	10.1	8.1	245	202	11.8	10.3	1.1	1.0	2,644	2,405	2,298	2,151
35-50.....	587	1,005	230	580	10.3	6.4	223	221	9.8	10.2	1.1	1.0	2,648	2,406	2,257	2,340
All.....	997	909	379	442	10.2	7.5	237	209	11.1	10.3	1.1	1.0	2,646	2,405	2,284	2,216

Table 3.1A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985 and Spring 1986

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----													
0 to 75% Poverty:																
Children:																
1-3.....	356	220	106	111	239	252	181	190	177	160	172	166	215	221	163	150
4-5.....	244	159	91	99	188	233	181	166	183	165	146	149	178	191	150	147
All.....	599	379	100	106	219	244	181	180	179	162	161	159	200	208	158	148
Women:																
19-34.....	571	367	80	76	143	143	127	114	119	124	109	110	115	113	127	123
35-50.....	303	187	67	70	123	133	95	101	111	117	101	103	98	101	116	114
All.....	874	553	76	74	136	139	116	110	116	122	106	108	109	109	123	120
76 to 130% Poverty:																
Children:																
1-3.....	266	157	95	106	207	252	169	242	156	185	143	158	183	221	130	150
4-5.....	156	81	86	95	182	209	179	237	190	200	129	132	155	169	130	135
All.....	422	239	92	102	198	237	173	240	169	191	137	149	173	204	130	145
Women:																
19-34.....	438	292	82	79	141	146	106	110	121	120	121	107	122	116	127	120
35-50.....	265	169	70	71	130	136	118	107	113	117	101	101	101	102	124	118
All.....	703	461	77	76	137	142	110	109	118	119	113	105	114	111	126	119
0 to 130% Poverty:																
Children:																
1-3.....	622	377	101	109	225	252	176	212	168	171	159	163	201	221	149	150
4-5.....	399	241	89	97	186	225	181	190	186	177	140	143	169	183	142	143
All.....	1,021	618	97	104	210	241	178	203	175	173	152	155	188	206	146	147
Women:																
19-34.....	1,008	659	81	77	142	144	118	112	119	123	114	109	118	115	127	121
35-50.....	569	356	68	71	126	134	106	104	112	117	101	102	99	101	120	116
All.....	1,577	1,015	76	75	136	141	113	109	117	121	109	106	111	110	124	119
All Low Income:																
Children:																
1-3.....	806	484	102	111	230	253	180	212	171	181	158	169	200	222	151	155
4-5.....	509	332	90	96	189	220	180	189	181	174	140	145	171	184	142	144
All.....	1,314	816	97	105	214	240	180	203	175	178	151	159	189	207	148	151
Women:																
19-34.....	1,382	863	81	77	142	141	114	114	122	120	112	108	115	115	126	121
35-50.....	738	466	70	71	128	135	119	108	115	119	102	104	100	103	121	118
All.....	2,120	1,329	77	75	137	139	115	112	119	119	109	107	110	111	124	120

Table 3.1A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Low-Income Households, Spring 1985 and Spring 1986--continued

Income Level and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Percent-----																	
0 to 75% Poverty:																		
Children:																		
1-3.....	143	135	236	222	102	113	127	139	125	128	75	67	160	144	208	192	78	79
4-5.....	112	102	188	189	98	120	126	158	94	107	117	117	136	119	113	103	80	98
All.....	131	121	217	208	101	116	126	147	112	119	92	88	150	134	169	154	78	87
Women:																		
19-34.....	60	58	177	150	73	74	124	121	64	62	60	59	93	78	47	43	60	61
35-50.....	53	53	125	162	62	60	102	109	60	61	54	52	80	92	45	47	49	52
All.....	57	56	159	154	69	70	117	117	63	62	58	57	88	83	46	45	56	58
76 to 130% Poverty:																		
Children:																		
1-3.....	116	130	174	270	86	118	108	134	106	122	59	69	112	105	159	193	66	85
4-5.....	95	94	160	170	88	114	118	145	89	96	99	105	100	100	95	99	77	89
All.....	109	118	169	236	87	117	112	138	99	113	74	81	107	103	135	161	70	87
Women:																		
19-34.....	61	56	131	136	79	88	124	131	65	65	64	57	91	79	51	44	60	61
35-50.....	56	54	137	154	60	70	106	114	62	62	56	53	73	71	43	43	53	56
All.....	59	55	133	142	72	82	117	125	64	64	61	56	84	76	48	44	57	59
0 to 130% Poverty:																		
Children:																		
1-3.....	132	133	210	242	95	115	119	137	116	125	68	68	139	128	187	192	72	82
4-5.....	105	99	177	183	94	118	123	154	92	104	110	113	122	113	106	101	79	95
All.....	122	120	197	219	95	116	120	144	107	117	85	85	132	122	155	157	75	87
Women:																		
19-34.....	60	57	157	143	76	81	124	126	65	63	62	58	92	78	49	44	60	61
35-50.....	54	54	130	158	61	65	104	111	61	62	55	52	76	82	44	45	51	54
All.....	58	56	148	149	70	75	117	121	64	63	59	56	86	80	47	44	57	59
All Low Income:																		
Children:																		
1-3.....	133	137	206	239	95	114	120	137	118	127	67	70	132	124	185	196	73	83
4-5.....	105	100	175	177	97	117	126	151	94	103	111	113	118	109	109	100	81	91
All.....	122	122	194	214	96	115	122	143	109	117	84	88	127	118	155	157	76	86
Women:																		
19-34.....	59	57	151	142	75	80	124	125	66	65	61	58	89	79	48	45	60	60
35-50.....	54	55	155	151	60	66	105	113	62	64	55	54	75	80	43	46	52	54
All.....	58	57	153	145	70	75	117	121	64	64	59	57	84	80	46	45	57	58

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 3.1B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1986

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSF	NFSP
---Number---																
-----Percent-----																
0 to 75% Poverty:																
Children:																
1-3.....	155	65	103	130	233	299	176	225	162	155	162	177	205	258	147	155
4-5.....	119	40	97	103	229	244	161	182	172	141	155	133	191	188	150	138
All.....	274	105	101	120	231	278	169	208	167	150	159	160	199	232	148	149
Women:																
19-34.....	249	118	74	79	140	148	123	94	124	125	113	105	111	119	121	126
35-50.....	118	69	66	77	124	148	98	108	114	123	100	108	94	111	108	123
All.....	367	187	72	78	135	148	115	99	121	124	109	106	105	116	117	125
76 to 130% Poverty:																
Children:																
1-3.....	47	111	112	103	268	245	190	264	187	185	176	150	242	213	170	141
4-5.....	18	63	114	89	254	196	421	184	176	207	153	126	226	153	132	135
All.....	65	174	112	98	264	227	255	235	184	193	170	141	237	191	159	139
Women:																
19-34.....	77	216	86	77	167	138	113	108	120	121	124	101	139	108	134	115
35-50.....	31	138	86	68	152	132	79	113	97	121	100	101	111	100	127	116
All.....	107	354	86	73	163	136	104	110	114	121	117	101	131	105	132	115
0 to 130% Poverty:																
Children:																
1-3.....	201	176	105	113	241	265	179	249	168	174	165	160	213	230	153	146
4-5.....	137	103	99	95	232	215	195	183	173	182	155	128	196	167	148	137
All.....	339	279	103	106	238	246	186	225	170	177	161	148	206	206	150	143
Women:																
19-34.....	325	333	77	77	147	141	121	103	123	122	115	102	117	112	124	119
35-50.....	149	207	70	71	129	137	94	111	111	122	100	103	98	103	112	118
All.....	474	541	75	75	141	140	113	106	119	122	111	103	111	109	120	119
All Low Income:																
Children:																
1-3.....	235	249	110	112	247	259	180	243	174	186	172	166	216	228	158	152
4-5.....	167	165	98	95	230	210	183	196	163	186	154	135	194	174	150	138
All.....	403	414	105	105	240	239	181	224	169	186	164	154	207	207	155	146
Women:																
19-34.....	374	488	76	79	142	141	113	115	119	120	113	105	115	115	121	121
35-50.....	169	297	70	72	128	138	93	117	110	124	100	106	97	107	111	122
All.....	544	785	74	76	138	140	107	115	116	122	109	105	109	112	118	122

Table 3.1B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Income Level and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																		
0 to 75% Poverty:																		
Children:																		
1-3.....	131	145	195	286	101	141	125	174	120	146	65	71	138	157	192	192	73	94
4-5.....	103	98	191	183	115	136	153	176	107	108	118	115	116	128	109	82	98	98
All.....	119	127	193	247	107	139	137	174	114	132	88	88	129	146	156	150	84	96
Women:																		
19-34.....	57	60	138	173	70	83	119	126	62	64	58	61	79	76	43	44	60	63
35-50.....	52	55	117	239	58	65	102	120	58	66	52	52	103	72	48	46	49	59
All.....	56	58	131	197	66	76	113	123	61	65	56	57	87	75	45	45	57	61
76 to 130% Poverty:																		
Children:																		
1-3.....	147	123	309	254	128	114	148	129	127	120	76	66	150	86	242	172	97	80
4-5.....	104	91	191	165	177	96	207	127	110	92	104	106	158	83	118	94	104	85
All.....	135	112	276	221	141	107	164	128	122	110	84	81	152	85	207	143	99	82
Women:																		
19-34.....	61	55	155	129	108	81	154	124	71	62	66	54	102	71	49	43	74	57
35-50.....	59	53	154	154	78	68	131	111	68	61	54	53	87	68	37	44	65	54
All.....	61	54	155	139	99	76	147	119	70	62	62	54	97	70	46	43	72	56
0 to 130% Poverty:																		
Children:																		
1-3.....	135	131	221	266	107	124	130	145	122	130	67	68	141	112	204	179	78	86
4-5.....	103	94	191	172	123	112	160	146	108	98	116	109	122	100	111	89	99	90
All.....	122	117	209	231	113	119	142	146	116	118	87	83	133	108	166	146	87	87
Women:																		
19-34.....	58	56	142	145	79	82	127	124	64	63	60	56	84	72	45	43	64	59
35-50.....	54	53	124	182	62	67	108	114	60	63	52	53	100	69	46	45	52	56
All.....	57	55	137	159	74	76	121	120	63	63	58	55	89	71	45	44	60	58
All Low Income:																		
Children:																		
1-3.....	137	138	219	257	108	119	132	142	124	130	70	71	140	108	208	184	80	85
4-5.....	103	98	184	170	119	114	156	146	107	100	118	108	116	101	107	92	96	87
All.....	123	122	204	223	113	117	142	144	117	118	90	86	130	106	166	147	87	86
Women:																		
19-34.....	57	57	135	148	78	82	124	126	64	65	59	58	80	79	44	45	61	58
35-50.....	53	57	121	168	62	69	108	116	60	66	53	54	97	70	47	45	52	55
All.....	56	57	131	155	73	77	119	122	63	65	57	56	86	75	45	45	58	57

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 3.2A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race,
Low-Income Households, Spring 1985 and Spring 1986

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----													
White:																
Children:																
1-3.....	527	315	104	117	228	261	182	209	174	183	157	168	209	232	148	153
4-5.....	312	234	93	98	193	223	171	197	178	171	143	141	178	188	145	140
All.....	839	549	100	109	215	245	178	204	175	178	152	156	198	213	147	148
Women:																
19-34.....	904	585	84	79	141	143	112	117	121	119	114	108	121	119	127	122
35-50.....	457	298	71	73	126	132	111	111	110	122	98	104	99	105	119	119
All.....	1,361	882	79	77	136	139	112	115	118	120	109	107	114	114	124	121
Black:																
Children:																
1-3.....	171	119	99	97	234	231	180	196	150	146	168	158	181	189	165	146
4-5.....	95	66	82	83	176	189	199	156	162	157	131	145	155	156	134	142
All.....	265	185	93	92	213	216	187	181	154	150	155	153	172	177	154	145
Women:																
19-34.....	304	188	75	70	143	130	104	87	120	111	111	104	100	93	125	108
35-50.....	211	112	68	63	132	122	141	109	119	110	109	93	104	93	125	103
All.....	515	300	72	67	139	127	119	95	119	110	110	100	102	93	125	106
Other:																
Children:																
1-3.....	83	36	103	116	231	285	156	316	191	273	153	221	186	263	144	217
4-5.....	79	23	84	113	190	274	182	201	229	253	135	184	153	232	137	195
All.....	162	59	94	115	211	281	168	272	209	265	144	207	170	251	141	209
Women:																
19-34.....	133	62	78	79	143	157	148	153	131	127	106	111	108	131	127	144
35-50.....	53	32	74	87	133	185	111	86	130	124	110	139	96	114	130	145
All.....	187	94	77	82	140	167	137	130	130	126	107	121	105	125	128	144

Table 3.2A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race, Low-Income Households, Spring 1985 and Spring 1986--continued

Race and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Percent-----																		
White:																		
Children:																		
1-3.....	134	140	212	230	102	127	123	148	123	136	67	72	124	119	181	194	71	83
4-5.....	108	99	174	180	103	125	132	158	99	106	112	110	115	109	108	98	82	93
All.....	124	122	198	208	102	126	126	152	114	123	84	88	121	115	154	153	75	87
Women:																		
19-34.....	61	58	149	136	82	87	128	130	69	68	61	59	90	81	49	45	60	60
35-50.....	53	57	114	117	65	74	107	117	65	67	53	54	70	90	41	47	52	52
All.....	58	57	137	129	77	83	121	126	67	68	59	57	83	84	47	46	57	58
Black:																		
Children:																		
1-3.....	133	119	200	253	76	84	108	113	104	107	70	60	170	83	196	169	77	74
4-5.....	93	92	178	141	86	82	112	118	83	88	100	109	109	91	97	95	74	75
All.....	119	109	192	213	80	84	109	115	97	100	81	77	149	86	161	142	76	74
Women:																		
19-34.....	56	51	155	138	59	57	112	105	56	51	59	52	89	64	44	40	59	52
35-50.....	56	47	249	215	51	47	102	93	53	49	55	46	85	64	46	40	51	50
All.....	56	50	194	167	56	53	108	100	55	50	57	50	87	64	45	40	56	52
Other:																		
Children:																		
1-3.....	126	193	194	304	92	104	119	139	119	131	66	98	120	311	185	317	72	113
4-5.....	102	140	177	260	76	133	113	180	86	122	109	154	122	164	110	135	81	124
All.....	114	173	186	287	84	115	116	155	103	127	87	119	121	254	148	247	76	117
Women:																		
19-34.....	59	66	176	224	62	87	118	136	64	68	64	71	84	115	47	56	62	72
35-50.....	59	63	153	159	55	65	106	138	67	74	65	65	83	63	50	47	57	83
All.....	59	65	169	202	60	80	114	137	65	70	64	69	84	97	48	53	60	76

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 3.2B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households, Spring 1986

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Number-----Percent-----															
White:																
Children:																
1-3.....	131	184	118	116	260	261	186	226	189	179	178	161	233	232	160	148
4-5.....	111	123	101	96	238	209	183	209	160	181	149	133	200	177	148	133
All.....	242	307	110	108	250	241	185	219	176	180	165	150	218	210	155	142
Women:																
19-34.....	222	363	79	80	146	141	133	107	120	119	117	103	123	117	124	121
35-50.....	88	210	70	74	125	135	101	115	111	127	100	106	106	105	112	122
All.....	310	573	76	77	140	139	124	110	117	122	112	104	118	112	121	121
Black:																
Children:																
1-3.....	78	41	97	98	225	243	158	268	137	165	152	169	182	203	142	153
4-5.....	44	22	86	77	197	172	176	115	160	152	160	114	173	121	148	129
All.....	122	63	93	91	215	218	164	214	145	160	155	150	179	174	145	145
Women:																
19-34.....	112	76	69	72	127	135	69	113	109	114	103	106	91	97	106	112
35-50.....	54	58	67	59	123	122	96	121	123	97	98	88	83	102	104	103
All.....	166	134	68	67	126	129	78	117	113	107	101	98	88	99	105	108
Other:																
Children:																
1-3.....	21	15	110	124	261	318	230	437	229	334	213	232	248	284	218	216
4-5.....	9	14	112	113	277	272	202	200	185	299	163	199	196	255	175	209
All.....	30	29	110	119	266	296	222	325	216	318	198	216	232	271	205	213
Women:																
19-34.....	30	32	77	82	160	154	138	167	125	128	123	100	147	116	150	138
35-50.....	14	19	80	92	164	199	63	103	68	163	108	160	104	121	139	149
All.....	44	51	78	85	162	171	115	143	107	141	118	122	134	118	147	142

Table 3.2B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Race and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																		
White:																		
Children:																		
1-3.....	145	136	244	220	124	130	146	149	137	135	74	71	141	103	220	175	82	84
4-5.....	104	95	191	170	128	122	166	152	111	101	115	107	117	101	107	89	101	86
All.....	126	119	219	200	126	127	155	150	125	121	92	85	130	102	168	141	90	85
Women:																		
19-34.....	58	57	129	139	87	87	132	129	70	67	59	58	80	81	43	46	63	59
35-50.....	56	57	135	109	73	75	114	118	64	68	54	54	120	77	49	46	50	53
All.....	58	57	131	128	83	82	127	125	68	68	58	57	92	80	45	46	59	57
Black:																		
Children:																		
1-3.....	114	128	163	423	86	81	112	116	105	111	59	63	88	73	161	184	69	81
4-5.....	95	86	160	103	90	67	126	103	91	80	120	86	101	71	102	82	79	65
All.....	107	113	162	310	88	76	117	111	100	100	81	71	93	72	139	148	73	76
Women:																		
19-34.....	50	52	100	194	56	59	102	109	50	53	51	53	65	63	40	39	52	54
35-50.....	48	46	103	321	45	49	92	94	52	46	48	45	78	50	44	36	50	51
All.....	50	50	101	249	52	55	99	103	51	50	50	49	69	58	41	38	51	52
Other:																		
Children:																		
1-3.....	180	210	289	324	94	119	126	156	117	149	98	97	346	262	320	311	115	109
4-5.....	115	158	206	297	123	140	179	180	120	123	139	164	182	152	139	132	120	126
All.....	161	185	264	311	103	129	142	168	118	137	110	129	296	210	265	227	117	117
Women:																		
19-34.....	70	63	311	142	90	85	141	131	70	66	76	66	144	87	66	46	82	62
35-50.....	55	68	137	175	63	67	125	148	66	80	58	69	67	61	36	55	73	90
All.....	65	65	257	154	81	78	136	137	69	71	71	67	120	77	57	50	79	72

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 3.3A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization, Low-Income Households, Spring 1985 and Spring 1986

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----													
Central Cities:																
Children:																
1-3.....	277	188	103	112	248	263	187	212	160	166	166	161	207	228	158	144
4-5.....	176	100	83	99	181	231	174	196	163	166	131	153	158	196	134	146
All.....	454	287	95	107	222	252	182	207	161	166	152	158	188	217	149	144
Women:																
19-34.....	534	295	79	73	147	137	115	127	120	131	112	107	114	110	128	117
35-50.....	261	137	73	68	136	134	129	101	143	117	107	106	100	106	126	118
All.....	795	432	77	72	143	136	120	119	127	126	111	107	109	109	128	117
Suburban Areas:																
Children:																
1-3.....	282	173	98	106	209	235	164	176	177	165	153	155	188	201	146	146
4-5.....	195	123	94	90	195	205	181	133	206	135	152	128	185	159	149	135
All.....	477	296	96	99	203	223	171	158	188	153	153	144	187	184	147	142
Women:																
19-34.....	458	304	82	80	138	144	110	99	133	111	111	110	112	119	125	122
35-50.....	261	184	63	73	116	136	125	109	84	120	88	99	96	97	115	124
All.....	719	487	75	77	130	141	115	103	115	114	103	106	106	111	121	123
Nonmetropolitan Areas:																
Children:																
1-3.....	246	123	106	117	232	264	191	263	176	224	156	199	207	243	149	186
4-5.....	137	110	92	101	189	226	188	246	169	225	136	155	167	202	144	153
All.....	384	233	101	109	217	246	190	255	174	225	149	178	193	224	147	170
Women:																
19-34.....	391	264	82	80	139	144	115	116	112	118	114	108	120	115	125	125
35-50.....	215	146	74	71	133	133	99	115	118	119	113	108	104	109	122	112
All.....	606	410	79	77	137	140	110	116	114	118	113	108	114	113	124	120

Table 3.3A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization, Low-Income Households, Spring 1985 and Spring 1986--continued

Urbanization and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Percent-----																		
Central Cities:																		
Children:																		
1-3.....	136	127	203	259	98	128	125	149	123	128	72	65	145	105	187	183	78	82
4-5.....	94	103	173	183	90	131	117	164	86	106	106	117	119	98	98	101	75	93
All.....	120	118	191	233	95	129	122	154	109	121	85	83	135	102	152	155	77	86
Women:																		
19-34.....	61	56	150	146	75	77	126	120	65	61	61	56	91	77	47	43	62	58
35-50.....	58	56	149	194	59	62	107	105	63	60	58	54	86	94	47	45	53	56
All.....	60	56	149	161	69	72	120	117	65	61	60	56	90	82	47	44	59	57
Suburban Areas:																		
Children:																		
1-3.....	131	126	198	195	88	100	111	123	112	119	65	68	126	103	190	172	69	76
4-5.....	117	89	169	151	105	97	134	134	101	95	116	103	121	98	123	83	86	84
All.....	125	111	186	177	95	98	121	128	108	109	86	82	124	101	162	135	76	80
Women:																		
19-34.....	59	59	158	144	73	81	121	126	66	66	62	59	86	75	50	46	59	61
35-50.....	48	55	188	133	58	69	99	115	59	66	50	53	66	72	39	45	49	53
All.....	55	58	169	140	67	76	113	122	63	66	58	57	78	74	46	46	55	58
Nonmetropolitan Areas:																		
Children:																		
1-3.....	131	170	220	270	100	111	124	140	120	137	65	82	124	183	177	248	72	92
4-5.....	102	111	187	201	94	126	125	159	95	110	109	121	114	130	103	118	80	99
All.....	121	142	208	237	98	118	124	149	111	124	81	100	120	158	150	187	75	95
Women:																		
19-34.....	58	56	146	137	78	84	123	129	65	67	60	59	88	87	46	45	57	61
35-50.....	55	55	122	133	64	67	111	114	63	64	56	54	71	77	44	47	56	54
All.....	57	56	138	135	73	78	119	124	64	66	59	57	82	84	46	46	57	58

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 3.3B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1986

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---																
-----Percent-----																
Central Cities:																
Children:																
1-3.....	103	85	105	120	244	288	158	277	143	195	159	163	212	247	142	145
4-5.....	55	45	96	102	227	236	180	217	176	154	167	136	199	191	152	138
All.....	158	129	102	114	238	270	166	256	154	181	162	154	208	228	146	143
Women:																
19-34.....	139	156	74	72	139	135	108	144	134	128	114	101	106	114	118	116
35-50.....	63	74	72	65	135	133	88	111	113	121	107	106	96	114	114	122
All.....	202	230	73	70	138	134	101	134	127	126	112	103	103	114	117	118
Suburban Areas:																
Children:																
1-3.....	75	98	109	104	233	237	159	189	182	152	157	154	188	211	146	146
4-5.....	58	65	93	87	224	188	136	130	125	145	141	117	175	145	145	126
All.....	133	163	102	97	229	218	149	165	157	149	150	139	183	185	146	139
Women:																
19-34.....	121	183	76	82	138	147	94	103	95	121	109	110	113	124	123	121
35-50.....	48	135	73	74	125	140	62	126	102	126	90	102	85	101	106	130
All.....	170	318	75	79	134	144	84	113	97	123	104	107	105	114	118	125
Nonmetropolitan Areas:																
Children:																
1-3.....	57	66	119	115	273	255	246	278	223	226	213	186	260	229	204	170
4-5.....	55	55	104	98	238	213	236	256	189	262	154	156	210	195	154	151
All.....	111	121	112	107	256	236	241	268	206	242	184	173	235	213	180	161
Women:																
19-34.....	114	150	79	80	150	139	140	98	125	112	117	102	128	104	122	126
35-50.....	58	88	66	75	123	140	126	107	113	122	101	112	108	110	114	110
All.....	172	237	75	78	141	140	135	101	121	116	112	106	122	106	119	120

Table 3.3B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Urbanization and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																		
Central Cities:																		
Children:																		
1-3.....	125	129	192	340	115	145	134	168	116	144	63	68	93	118	176	191	76	89
4-5.....	111	93	185	182	121	144	156	174	104	109	119	114	91	106	109	91	95	90
All.....	120	116	190	285	117	145	141	170	112	132	83	84	93	114	153	157	83	90
Women:																		
19-34.....	57	55	119	169	71	82	119	121	62	60	57	56	75	78	42	44	59	56
35-50.....	55	57	114	262	58	65	108	110	60	60	54	53	126	67	49	41	52	59
All.....	56	56	118	199	67	76	115	118	61	60	56	55	91	75	45	43	57	57
Suburban Areas:																		
Children:																		
1-3.....	122	130	171	213	94	105	122	124	119	119	64	70	134	79	199	151	70	81
4-5.....	91	87	153	150	104	90	146	124	102	89	109	98	102	94	90	77	88	81
All.....	109	113	163	188	98	99	132	124	111	107	84	81	120	85	152	122	78	81
Women:																		
19-34.....	57	61	149	140	69	88	118	131	61	69	57	60	73	77	42	50	58	62
35-50.....	50	57	95	146	60	73	108	118	60	68	48	55	74	72	41	47	51	53
All.....	55	59	134	143	67	82	115	125	61	69	55	58	73	75	41	49	56	58
Nonmetropolitan Areas:																		
Children:																		
1-3.....	180	161	331	218	116	108	144	136	146	129	91	74	233	140	278	223	100	84
4-5.....	108	113	216	186	133	120	168	151	114	106	125	117	155	105	124	111	106	92
All.....	145	139	275	203	124	113	156	143	131	118	108	93	195	124	203	172	103	88
Women:																		
19-34.....	58	56	140	134	95	75	137	123	69	65	62	57	95	81	49	42	67	56
35-50.....	55	56	149	122	67	67	106	119	61	66	55	53	86	71	49	46	52	56
All.....	57	56	143	130	85	72	127	122	67	65	60	56	92	78	49	44	62	56

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 3.4A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985 and Spring 1986

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number		Percent													
Northeast:																
Children:																
1-3.....	191	87	109	110	243	244	186	209	225	194	189	174	238	237	179	151
4-5.....	120	57	95	96	196	212	202	184	235	181	162	148	194	183	156	153
All.....	310	145	104	104	225	231	192	199	229	189	178	164	221	216	170	152
Women:																
19-34.....	324	164	81	77	147	140	125	96	140	123	117	112	122	108	133	125
35-50.....	205	88	69	65	129	129	121	100	122	123	103	98	101	102	126	126
All.....	530	251	76	73	140	136	123	98	133	123	112	107	114	106	130	125
Midwest:																
Children:																
1-3.....	163	129	104	115	232	254	157	229	167	194	155	177	200	229	148	165
4-5.....	90	94	94	98	195	224	176	220	181	204	140	151	183	196	143	144
All.....	253	222	101	108	219	241	164	225	172	199	149	166	194	215	146	156
Women:																
19-34.....	299	237	78	80	144	142	101	125	100	107	108	111	116	124	128	125
35-50.....	178	94	71	79	123	144	113	99	116	114	103	108	98	108	118	115
All.....	477	331	76	80	136	143	105	117	106	109	106	110	109	119	125	122
South:																
Children:																
1-3.....	284	154	96	100	213	237	183	167	143	140	146	148	171	190	137	140
4-5.....	179	108	88	88	184	195	184	159	156	140	128	133	151	159	136	139
All.....	463	262	93	95	202	220	183	164	148	140	139	142	163	177	137	140
Women:																
19-34.....	469	264	83	75	139	135	107	96	117	111	114	101	109	99	122	113
35-50.....	264	181	68	65	126	123	121	97	110	95	98	93	97	89	116	111
All.....	733	444	78	71	135	130	112	96	114	104	108	98	105	95	120	112
West:																
Children:																
1-3.....	168	114	103	122	240	283	189	255	160	210	149	183	208	247	145	168
4-5.....	120	74	83	106	184	255	157	198	166	181	138	151	170	207	138	146
All.....	288	188	95	116	217	272	176	233	162	198	144	171	192	231	142	159
Women:																
19-34.....	289	199	80	78	139	150	124	140	133	144	108	111	115	130	124	124
35-50.....	91	103	72	81	138	152	118	143	112	160	110	125	109	126	131	129
All.....	380	302	78	79	139	151	123	141	128	150	109	116	114	129	126	126

Table 3.4A.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region, Low-Income Households, Spring 1985 and Spring 1986--continued

Region and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent																	
Northeast:																		
Children:																		
1-3.....	164	136	225	224	111	127	132	137	129	131	81	68	187	98	225	189	77	75
4-5.....	122	102	189	187	107	113	135	142	102	105	123	115	127	122	129	98	86	90
All.....	148	123	211	209	109	121	133	139	118	120	97	86	164	107	188	153	81	81
Women:																		
19-34.....	62	57	158	111	81	74	129	119	69	63	64	57	92	73	49	43	61	56
35-50.....	55	57	136	130	62	65	106	104	64	66	58	53	73	79	42	41	52	49
All.....	60	57	150	118	74	70	120	114	67	64	62	55	85	75	46	42	58	54
Midwest:																		
Children:																		
1-3.....	129	147	221	209	95	116	121	139	119	129	67	76	113	102	176	198	74	86
4-5.....	107	104	211	192	108	126	133	157	96	108	106	117	103	94	97	109	79	98
All.....	121	129	218	202	99	120	125	146	111	120	81	93	109	99	148	160	76	91
Women:																		
19-34.....	57	57	156	142	74	90	124	131	66	67	57	60	75	81	43	44	62	59
35-50.....	53	58	110	134	64	77	106	125	64	68	54	56	66	102	45	41	51	59
All.....	55	58	139	140	70	86	117	129	65	67	56	59	71	87	44	43	58	59
South:																		
Children:																		
1-3.....	114	116	174	219	80	94	106	120	105	111	60	59	109	85	164	165	67	74
4-5.....	95	94	152	146	85	91	118	127	90	90	101	106	112	100	99	86	78	76
All.....	106	107	165	189	82	93	110	123	99	103	76	78	110	91	139	132	71	75
Women:																		
19-34.....	58	52	146	141	69	64	119	112	62	59	59	53	87	64	48	43	58	55
35-50.....	52	49	204	177	53	51	101	99	56	54	51	48	70	59	40	46	51	47
All.....	56	51	167	156	63	59	112	107	59	57	56	51	81	62	45	44	56	52
West:																		
Children:																		
1-3.....	133	156	224	310	105	128	128	159	128	144	66	82	128	220	182	241	77	95
4-5.....	103	104	170	195	96	145	124	187	92	116	116	117	131	129	110	109	80	106
All.....	120	135	202	265	101	135	126	170	113	133	87	96	129	185	152	189	78	100
Women:																		
19-34.....	61	64	148	169	79	96	126	140	68	70	65	65	101	104	51	50	59	68
35-50.....	61	63	140	139	67	84	115	135	69	75	60	62	111	98	52	54	60	66
All.....	61	64	146	159	77	92	123	138	68	72	64	64	103	102	51	52	59	68

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 3.4B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1986

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number				Percent											
Northeast:																
Children:																
1-3.....	51	36	102	121	227	267	187	239	178	217	155	202	219	263	125	187
4-5.....	29	28	99	94	222	203	123	247	154	209	148	148	183	183	154	153
All.....	80	65	101	109	225	239	164	243	169	213	152	178	206	228	136	172
Women:																
19-34.....	86	78	77	77	142	137	85	109	113	133	111	114	104	113	123	127
35-50.....	35	52	68	62	128	129	99	101	112	130	105	93	102	102	124	127
All.....	122	130	74	71	138	134	89	106	113	132	109	106	104	108	123	127
Midwest:																
Children:																
1-3.....	60	68	125	107	265	244	179	273	201	189	188	167	231	227	171	159
4-5.....	52	42	102	93	240	203	237	198	199	211	162	137	207	183	144	144
All.....	112	110	114	102	253	228	206	245	200	197	176	156	220	211	158	154
Women:																
19-34.....	102	134	76	82	145	141	134	118	120	98	117	107	122	126	121	128
35-50.....	38	57	69	87	131	153	101	97	91	130	85	123	95	116	104	122
All.....	140	191	74	83	141	144	125	112	112	107	109	112	115	123	116	126
South:																
Children:																
1-3.....	74	80	105	95	250	225	150	183	141	139	162	135	197	184	157	125
4-5.....	59	49	92	82	209	179	170	146	140	140	152	110	184	129	156	118
All.....	133	129	99	90	232	208	159	169	140	140	157	125	191	163	156	122
Women:																
19-34.....	111	153	73	77	133	137	81	106	107	113	106	98	102	96	113	113
35-50.....	57	123	63	66	114	127	92	100	114	86	93	93	80	93	100	115
All.....	168	276	70	72	126	133	85	103	109	101	102	96	95	95	108	114
West:																
Children:																
1-3.....	49	65	106	135	243	313	217	285	189	225	184	182	224	264	180	159
4-5.....	28	46	99	110	261	252	169	215	150	199	148	154	202	210	148	145
All.....	77	110	103	125	250	288	200	256	175	215	171	170	216	242	168	153
Women:																
19-34.....	75	123	79	78	152	149	164	125	139	146	122	105	136	127	131	120
35-50.....	39	65	84	79	148	154	83	179	119	185	121	127	119	130	123	132
All.....	114	188	81	78	150	151	136	144	133	160	121	113	130	128	129	124

Table 3.4B.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region and Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Region and Age of Individuals (Years)	Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																		
Northeast:																		
Children:																		
1-3.....	119	159	201	256	119	138	131	147	119	147	56	85	105	87	181	199	70	82
4-5.....	97	108	181	193	111	115	146	138	107	103	111	120	140	104	102	93	92	87
All.....	111	137	194	229	116	128	136	143	115	128	76	100	118	94	153	152	78	84
Women:																		
19-34.....	55	59	109	114	72	75	119	118	60	66	56	58	76	69	40	46	58	54
35-50.....	59	56	108	145	69	62	105	104	64	67	60	47	102	63	46	38	46	50
All.....	56	58	109	126	71	70	115	112	61	66	57	54	83	67	42	43	55	53
Midwest:																		
Children:																		
1-3.....	147	148	203	214	120	113	147	132	133	125	78	74	116	90	233	167	87	85
4-5.....	104	104	197	186	130	122	165	147	113	102	121	112	104	82	121	95	109	86
All.....	127	131	200	204	125	116	155	137	124	116	98	88	110	87	181	139	97	86
Women:																		
19-34.....	55	59	136	147	88	92	132	130	67	67	59	61	75	85	41	46	61	59
35-50.....	52	62	131	135	65	85	104	138	56	77	46	63	109	98	35	45	57	61
All.....	54	60	135	143	82	90	125	133	64	70	55	61	84	89	39	46	60	59
South:																		
Children:																		
1-3.....	127	107	177	259	97	91	126	114	118	105	64	55	97	74	176	154	74	75
4-5.....	105	81	167	122	101	78	138	114	99	80	121	87	114	83	95	76	82	69
All.....	117	97	172	207	99	86	131	114	110	95	89	67	105	77	140	124	78	73
Women:																		
19-34.....	54	51	104	169	64	64	109	114	59	60	53	53	63	64	44	42	55	55
35-50.....	47	50	115	205	44	55	91	102	52	55	45	49	67	55	50	43	44	49
All.....	51	50	108	185	57	60	103	109	56	58	50	51	64	60	46	43	51	52
West:																		
Children:																		
1-3.....	160	153	321	301	100	149	126	185	127	158	85	79	270	182	254	230	91	99
4-5.....	103	104	197	194	143	146	188	186	113	118	110	121	117	137	113	107	107	106
All.....	140	133	276	257	116	148	149	185	122	141	94	96	215	163	203	180	97	102
Women:																		
19-34.....	67	62	210	144	91	99	140	139	72	70	70	61	119	96	54	48	74	65
35-50.....	60	65	131	144	79	87	137	134	75	75	65	61	128	80	53	55	64	67
All.....	65	63	183	144	87	95	139	137	73	71	68	61	122	90	54	50	71	66

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 4A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Food Energy in Total Diet		Intake per 1,000 Kilocalories											
					Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		Kilocalories		-----Grams-----						International Units		-----Milligrams-----			
Children:																
1-3.....	806	484	1,330	1,444	40.0	40.7	39.5	41.3	124.1	119.1	2,772	3,093	61	60	0.85	0.84
4-5.....	509	332	1,523	1,635	37.7	40.6	39.5	41.2	126.4	119.2	3,043	2,933	55	50	.85	.83
All.....	1,314	816	1,404	1,522	39.1	40.7	39.5	41.3	125.0	119.1	2,877	3,027	59	56	.85	.84
Women:																
19-34.....	1,382	863	1,669	1,596	40.4	41.5	39.6	39.6	120.1	118.9	2,873	3,113	49	52	.73	.74
35-50.....	738	466	1,395	1,434	42.0	42.2	39.4	40.8	117.7	116.3	3,732	3,089	56	53	.76	.74
All.....	2,120	1,329	1,574	1,539	40.9	41.7	39.5	40.0	119.2	118.0	3,171	3,105	51	53	.74	.74
	Intake per 1,000 Kilocalories															
	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Milligrams----- --Micrograms-- -----Milligrams-----															
Children:																
1-3.....	1.23	1.27	10.4	9.9	0.91	0.88	3.21	3.41	582	642	725	765	135	136	7.9	7.5
4-5.....	1.15	1.16	10.5	10.2	.92	.85	3.00	2.82	508	562	665	730	124	129	7.5	7.3
All.....	1.20	1.23	10.4	10.0	.92	.87	3.13	3.17	553	609	702	751	131	133	7.7	7.4
Women:																
19-34.....	.88	.91	10.6	11.4	.75	.76	3.08	2.80	384	430	632	659	128	151	6.8	7.0
35-50.....	.93	.88	12.5	11.3	.81	.78	3.25	3.20	394	381	643	644	154	143	7.6	6.9
All.....	.90	.90	11.3	11.3	.78	.77	3.14	2.94	388	413	636	653	137	148	7.1	7.0

Table 4A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986--continued

Age of Individuals (Years)	Intake per 1,000 Kilocalories									
	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Grams-----		-----Grams-----		-----Grams-----		-----Milligrams-----		-----Grams-----	
Children:										
1-3.....	16.1	17.1	14.4	15.0	6.2	6.2	205	210	6.1	6.1
4-5.....	15.5	16.3	14.6	15.3	6.7	6.7	184	209	6.2	6.3
All.....	15.8	16.8	14.5	15.1	6.4	6.4	197	210	6.2	6.2
Women:										
19-34.....	14.5	14.6	14.9	14.9	7.3	7.2	204	197	6.4	6.8
35-50.....	14.3	14.5	14.9	15.4	7.4	7.9	197	216	7.3	7.2
All.....	14.4	14.6	14.9	15.1	7.3	7.5	202	203	6.7	6.9
	Intake per 1,000 Kilocalories									
	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Retinol Equivalents-----		-----Alpha- Tocopherol Equivalents-----		-----Micrograms-----		-----Milligrams-----		-----Milligrams-----	
Children:										
1-3.....	578	622	131	157	5.0	4.4	143	140	5.5	5.7
4-5.....	592	561	164	163	4.8	4.2	148	129	5.4	5.6
All.....	583	597	144	160	4.9	4.3	145	136	5.5	5.7
Women:										
19-34.....	511	509	179	217	4.4	4.0	125	126	5.7	5.9
35-50.....	615	516	257	210	4.2	4.3	136	134	6.0	5.8
All.....	547	511	206	215	4.3	4.1	129	128	5.8	5.9

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 4B.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Food Energy in Total Diet		Intake per 1,000 Kilocalories											
					Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div><div>---Number---</div><div>Kilocalories</div><div>-----Grams-----</div><div>International</div><div>-----Units-----</div><div>-----Milligrams-----</div></div>																
Children:																
1-3.....	235	249	1,424	1,461	40.7	40.7	40.5	42.0	120.7	117.6	2,606	3,552	57	63	0.86	0.82
4-5.....	167	165	1,659	1,612	41.8	39.3	42.5	40.0	115.0	123.4	2,748	3,120	47	54	.88	.78
All.....	403	414	1,522	1,521	41.2	40.2	41.3	41.2	118.3	119.9	2,665	3,380	53	59	.87	.81
Women:																
19-34.....	374	488	1,554	1,629	41.8	41.2	39.8	39.5	119.3	118.6	2,964	3,228	53	51	.78	.71
35-50.....	169	297	1,405	1,451	41.1	42.8	40.9	40.7	117.8	115.5	2,764	3,274	49	56	.73	.74
All.....	544	785	1,508	1,561	41.6	41.8	40.1	39.9	118.8	117.4	2,902	3,245	52	53	.76	.72
<div><div></div><div>Intake per 1,000 Kilocalories</div><div></div><div>Riboflavin</div><div>Niacin</div><div>Vitamin B6</div><div>Vitamin B12</div><div>Calcium</div><div>Phosphorus</div><div>Magnesium</div><div>Iron</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div><div>FSP</div><div>NFSP</div></div>																

Table 4B.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Age of Individuals (Years)	Intake per 1,000 Kilocalories															
	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP						
	Grams		Grams		Grams		Milligrams		Grams							
Children:																
1-3.....	16.6	17.6	14.8	15.3	6.3	6.1	208	212	6.0	6.2						
4-5.....	16.7	15.9	15.7	14.8	7.0	6.4	238	179	6.2	6.4						
All.....	16.6	16.9	15.2	15.1	6.6	6.2	221	199	6.1	6.3						
Women:																
19-34.....	14.5	14.7	15.1	14.8	7.2	7.3	211	186	6.8	6.8						
35-50.....	14.2	14.7	15.3	15.4	8.5	7.6	226	210	7.0	7.4						
All.....	14.4	14.7	15.2	15.0	7.6	7.4	216	195	6.9	7.0						
	Intake per 1,000 Kilocalories															
	Vitamin A		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Retinol Equivalents		Alpha- Tocopherol Equivalents		Micrograms		Micrograms		Milligrams		Milligrams		Milligrams		Milligrams	
Children:																
1-3.....	531	707	129	184	5.0	3.8	147	133	5.6	5.8	0.5	0.6	1,581	1,507	1,378	1,416
4-5.....	558	564	138	189	4.7	3.6	138	120	5.8	5.5	.5	.5	1,608	1,506	1,270	1,272
All.....	543	650	132	186	4.9	3.7	144	128	5.7	5.7	.5	.5	1,592	1,506	1,333	1,359
Women:																
19-34.....	477	533	210	222	4.2	3.9	126	125	6.0	5.9	.6	.7	1,666	1,554	1,340	1,707
35-50.....	481	536	176	229	5.2	3.9	140	130	5.6	5.8	.7	.7	1,636	1,661	1,389	1,537
All.....	478	534	200	225	4.5	3.9	131	127	5.9	5.9	.6	.7	1,657	1,594	1,356	1,643

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 5A.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:
Mean per Individual in a Day, Low-Income Households, Spring 1985
and Spring 1986

Age of Individuals (Years)	Individuals		Protein		Total Fat		Saturated Fat	
	1985	1986	1985	1986	1985	1986	1985	1986
---Number---								
-----Percent-----								
Children:								
1-3.....	806	484	16.0	16.3	35.5	37.1	14.5	15.4
4-5.....	509	332	15.1	16.2	35.6	37.1	13.9	14.6
All.....	1,314	816	15.6	16.3	35.6	37.1	14.2	15.1
Women:								
19-34.....	1,382	863	16.1	16.6	35.6	35.6	13.1	13.1
35-50.....	738	466	16.8	16.9	35.5	36.7	12.8	13.1
All.....	2,120	1,329	16.4	16.7	35.6	36.0	13.0	13.1
-----Percent-----								
-----Percent-----								
	Monounsaturated Fat		Polyunsaturated Fat		Carbohydrate			
	1985	1986	1985	1986	1985	1986	1985	1986
-----Percent-----								
-----Percent-----								
Children:								
1-3.....	13.0	13.5	5.6	5.6	49.6	47.6		
4-5.....	13.1	13.8	6.0	6.0	50.5	47.7		
All.....	13.0	13.6	5.7	5.8	50.0	47.7		
Women:								
19-34.....	13.4	13.4	6.6	6.5	48.0	47.5		
35-50.....	13.4	13.9	6.6	7.1	47.1	46.5		
All.....	13.4	13.6	6.6	6.7	47.7	47.2		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income,
1985 and 1986.

Table 5B.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:
Mean per Individual in a Day, by Food Stamp Program Status,
Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Protein		Total Fat		Saturated Fat	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---		-----Percent-----						
Children:								
1-3.....	235	249	16.3	16.3	36.4	37.8	14.9	15.9
4-5.....	167	165	16.7	15.7	38.2	36.0	15.0	14.3
All.....	403	414	16.5	16.1	37.2	37.1	14.9	15.2
Women:								
19-34.....	374	488	16.7	16.5	35.8	35.5	13.1	13.2
35-50.....	169	297	16.5	17.1	36.8	36.6	12.7	13.2
All.....	544	785	16.6	16.7	36.1	35.9	13.0	13.2
	Monounsaturated Fat		Polyunsaturated Fat		Carbohydrate			
	FSP	NFSP	FSP	NFSP	FSP	NFSP		
-----Percent-----								
Children:								
1-3.....	13.3	13.7	5.7	5.5	48.3	47.0		
4-5.....	14.2	13.4	6.3	5.8	46.0	49.4		
All.....	13.7	13.6	5.9	5.6	47.3	48.0		
Women:								
19-34.....	13.6	13.3	6.5	6.5	47.7	47.4		
35-50.....	13.8	13.9	7.7	6.8	47.1	46.2		
All.....	13.7	13.5	6.9	6.7	47.5	47.0		

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income,
1986.

Table 6A.--Frequency of Eating: Percentage of Individuals Reporting Specified Number of Eating Occasions in a Day, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Number of Eating Occasions in a Day							
			1		2		3		4	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
<hr/>										
---Number---			-----Percent-----							
<hr/>										
Children:										
1-3.....	806	484	0.1	(*)	1.7	1.4	21.9	23.1	29.9	30.1
4-5.....	509	332	.2	(*)	4.3	1.0	31.2	27.2	23.3	32.4
All.....	1,314	816	.1	(*)	2.7	1.2	25.5	24.7	27.4	31.0
<hr/>										
Women:										
19-34.....	1,382	863	2.1	2.3	13.7	14.6	30.0	30.0	26.1	26.4
35-50.....	738	466	2.7	1.7	15.2	17.0	30.9	34.8	25.0	23.4
All.....	2,120	1,329	2.3	2.1	14.2	15.5	30.3	31.7	25.7	25.3
<hr/>										
	Number of Eating Occasions in a Day									
	5		6		7		8		9 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
<hr/>										
			-----Percent-----							
<hr/>										
Children:										
1-3.....	19.7	19.9	13.3	14.5	8.4	6.6	3.6	2.3	1.4	2.2
4-5.....	21.5	18.9	13.2	13.2	3.6	4.3	2.0	.8	.7	2.2
All.....	20.4	19.5	13.3	14.0	6.5	5.7	3.0	1.7	1.1	2.2
<hr/>										
Women:										
19-34.....	16.4	14.6	5.7	5.9	3.1	3.3	1.6	2.2	1.3	.6
35-50.....	15.1	10.8	5.2	7.0	2.6	2.6	1.0	1.2	2.2	1.4
All.....	16.0	13.3	5.5	6.3	2.9	3.0	1.4	1.9	1.6	.9

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 6B.--Frequency of Eating: Percentage of Individuals Reporting Specified Number of Eating Occasions in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Number of Eating Occasions in a Day							
			1		2		3		4	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----Percent-----										
Children:										
1-3.....	235	249	(*)	(*)	2.1	0.7	26.2	20.1	25.9	34.0
4-5.....	167	165	(*)	(*)	1.7	.3	27.0	27.3	33.3	31.5
All.....	403	414	(*)	(*)	1.9	.6	26.6	23.0	29.0	33.0
Women:										
19-34.....	374	488	2.9	1.9	16.4	13.2	31.7	28.7	23.6	28.5
35-50.....	169	297	1.2	2.0	20.5	15.1	38.7	32.6	22.6	23.8
All.....	544	785	2.4	1.9	17.7	13.9	33.9	30.2	23.3	26.7
	Number of Eating Occasions in a Day									
	5		6		7		8		9 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Percent-----									
Children:										
1-3.....	20.5	19.4	13.2	15.7	6.8	6.5	3.0	1.6	2.2	2.1
4-5.....	24.4	13.4	8.9	17.6	4.7	3.9	(*)	1.5	(*)	4.4
All.....	22.1	17.0	11.4	16.4	5.9	5.4	1.8	1.6	1.3	3.0
Women:										
19-34.....	15.9	13.6	3.4	7.8	2.3	4.0	3.0	1.6	.5	.6
35-50.....	9.1	11.8	4.0	8.8	2.9	2.4	.7	1.5	.3	2.0
All.....	13.8	12.9	3.6	8.2	2.5	3.4	2.3	1.5	.5	1.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 7A.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Individuals Reporting Snacks		Food Energy		Protein		Total Fat		Carbo-hydrate		Vitamin A (IU)		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
---Number---																		
-----Percent-----																		
Children:																		
1-3....	806	484	78.2	72.3	18.9	16.5	13.3	12.6	17.8	15.2	22.0	18.5	13.3	12.5	19.3	16.5	13.6	12.1
4-5....	509	332	68.6	70.4	15.4	14.9	9.5	9.9	13.8	13.8	18.1	17.3	11.2	10.3	13.1	12.9	10.4	9.7
All..	1,314	816	74.5	71.6	17.6	15.8	11.9	11.5	16.2	14.6	20.5	18.0	12.5	11.6	16.9	15.1	12.4	11.1
Women:																		
19-34..	1,382	863	69.5	64.8	16.0	14.7	8.8	7.8	12.6	11.1	19.7	18.6	9.8	8.8	12.7	11.7	10.1	9.6
35-50..	738	466	64.4	60.7	14.3	12.8	8.9	7.5	11.5	10.4	17.1	15.6	9.2	7.7	9.5	8.4	10.1	9.0
All..	2,120	1,329	67.7	63.4	15.4	14.1	8.9	7.7	12.2	10.9	18.8	17.6	9.6	8.5	11.5	10.5	10.1	9.3
-----Percent-----																		
Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron				
1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	
-----Percent-----																		
Children:																		
1-3....	16.8	15.6	10.0	7.8	14.0	12.3	14.5	13.8	19.8	19.3	16.8	16.2	18.3	16.4	11.2		9.0	
4-5....	11.4	12.3	8.6	7.4	10.9	9.6	8.8	10.1	12.9	15.0	11.7	12.7	13.8	13.0	9.8		9.4	
All..	14.7	14.2	9.5	7.6	12.8	11.2	12.3	12.3	17.1	17.5	14.8	14.8	16.6	15.0	10.7		9.2	
Women:																		
19-34..	12.5	11.5	9.7	8.0	10.8	9.1	9.7	8.4	15.0	14.0	12.9	11.9	15.2	13.7	10.0		9.8	
35-50..	12.6	10.9	9.8	8.2	9.4	8.4	10.3	8.3	14.7	13.6	12.2	10.8	14.1	12.3	10.0		8.9	
All..	12.5	11.3	9.7	8.1	10.3	8.8	9.9	8.3	14.9	13.8	12.7	11.5	14.8	13.2	10.0		9.5	

Table 7A.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986--continued

Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber							
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986						
	Percent															
Children:																
1-3.....	19.3	16.3	16.4	14.1	16.0	13.7	12.4	11.5	15.9	13.6						
4-5.....	13.9	14.6	12.8	13.0	15.0	13.5	8.6	9.6	14.7	14.2						
All.....	17.2	15.6	15.0	13.6	15.6	13.6	10.9	10.8	15.4	13.9						
Women:																
19-34.....	13.2	11.9	11.8	10.4	12.7	10.9	7.8	7.8	13.6	11.0						
35-50.....	12.5	11.2	10.9	10.0	9.9	9.3	8.8	6.7	10.4	9.3						
All.....	12.9	11.7	11.5	10.2	11.7	10.3	8.1	7.4	12.5	10.4						
	Vitamin A (RE)		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
Percent																
Children:																
1-3.....	13.6	13.1	14.1	12.7	17.3	16.1	12.8	12.2	13.7	12.1	16.6	13.3	12.6	11.4	18.6	16.7
4-5.....	10.9	10.5	12.3	11.6	16.2	15.3	9.7	9.6	9.9	9.3	14.0	12.5	10.0	10.9	13.4	12.9
All.....	12.5	12.0	13.4	12.3	16.9	15.8	11.6	11.1	12.2	10.9	15.6	13.0	11.6	11.2	16.6	15.2
Women:																
19-34.....	10.3	9.6	9.7	7.8	13.8	11.6	11.6	10.4	10.3	9.3	15.2	13.8	9.5	8.8	13.7	12.5
35-50.....	10.0	8.3	7.6	7.4	11.4	9.5	10.7	9.5	9.9	8.9	13.4	11.6	9.3	8.0	13.2	11.6
All.....	10.2	9.1	9.0	7.7	12.9	10.8	11.3	10.1	10.2	9.2	14.6	13.0	9.4	8.5	13.5	12.2

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 7B.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Indi- viduals (Years)	Individuals		Individuals Reporting Snacks		Food Energy		Protein		Total Fat		Carbo- hydrate		Vitamin A (IU)		Ascorbic Acid		Thiamin	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---																		
---Percent---																		
Children:																		
1-3....	235	249	68.7	75.8	16.8	16.2	12.2	12.9	14.6	15.7	19.2	17.8	12.4	12.5	18.5	14.7	11.7	12.5
4-5....	167	165	67.6	73.3	13.9	15.8	9.7	10.0	12.9	14.8	16.0	18.6	9.2	11.4	10.9	14.9	8.8	10.6
All..	403	414	68.2	74.8	15.6	16.1	11.1	11.8	13.9	15.4	17.9	18.1	11.1	12.1	15.3	14.8	10.5	11.7
Women:																		
19-34..	374	488	61.9	67.0	15.1	14.5	7.5	7.9	11.0	11.3	18.9	18.4	8.4	9.1	12.2	11.3	8.8	10.1
35-50..	169	297	56.0	63.3	10.4	14.3	5.3	8.8	7.7	11.9	13.6	16.7	5.5	9.0	7.6	8.8	6.2	10.5
All..	544	785	60.1	65.6	13.6	14.4	6.8	8.3	9.9	11.5	17.3	17.8	7.5	9.1	10.7	10.4	8.0	10.3
Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron				
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
---Percent---																		
Children:																		
1-3....	15.0	16.1	7.9	7.8	12.0	12.5	13.6	14.1	18.8	19.7	15.9	16.5	15.6	17.1	9.3	8.8		
4-5....	11.8	12.7	7.1	7.7	7.9	11.4	10.0	10.2	15.3	14.6	12.4	12.9	11.8	14.2	8.6	10.2		
All..	13.7	14.8	7.5	7.7	10.3	12.1	12.1	12.5	17.4	17.6	14.4	15.1	14.0	16.0	9.0	9.3		
Women:																		
19-34..	10.5	12.3	8.1	7.9	9.4	8.8	7.8	8.8	13.2	14.5	11.7	12.0	13.4	13.9	10.1	9.6		
35-50..	7.6	12.8	6.1	9.4	5.7	10.0	5.4	9.9	9.4	16.0	7.7	12.5	9.4	14.0	6.2	10.4		
All..	9.5	12.5	7.5	8.5	8.2	9.3	7.1	9.2	12.0	15.1	10.5	12.2	12.2	13.9	8.9	9.9		

Table 7B.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP						
-----Percent-----																
Children:																
1-3.....	15.7	16.9	13.7	14.5	13.2	14.1	11.3	11.8	13.9	13.4						
4-5.....	14.0	15.3	12.1	13.9	12.0	15.0	8.4	10.9	12.3	16.1						
All.....	15.0	16.3	13.0	14.2	12.7	14.5	10.1	11.4	13.2	14.4						
Women:																
19-34.....	11.2	12.5	10.3	10.4	11.2	10.6	7.8	7.7	11.8	10.4						
35-50.....	8.3	12.9	7.2	11.6	6.9	10.7	4.6	8.0	7.5	10.4						
All.....	10.3	12.6	9.4	10.9	9.9	10.6	6.8	7.8	10.5	10.4						
	Vitamin A (RE)		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																
Children:																
1-3.....	13.2	13.0	12.7	12.8	14.9	17.2	11.8	12.6	11.7	12.4	13.1	13.5	10.9	11.7	15.9	17.4
4-5.....	9.6	11.3	11.2	12.0	13.0	17.7	7.7	11.5	8.9	9.7	11.1	13.9	10.9	10.9	11.6	14.3
All.....	11.7	12.3	12.1	12.5	14.1	17.4	10.1	12.2	10.5	11.3	12.3	13.7	10.9	11.4	14.1	16.1
Women:																
19-34.....	9.0	10.1	8.1	7.6	11.9	11.3	10.5	10.4	9.2	9.4	14.1	13.6	9.0	8.7	12.2	12.7
35-50.....	5.3	10.0	6.3	8.0	6.7	11.0	6.5	11.1	6.2	10.5	9.2	13.0	5.0	9.7	8.8	13.2
All.....	7.8	10.0	7.5	7.8	10.3	11.2	9.2	10.7	8.3	9.8	12.6	13.4	7.7	9.0	11.2	12.9

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 8A.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Individuals Eating Away		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A (IU)		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
---Number---																		
-----Percent-----																		
Children:																		
1-3....	806	484	29.1	27.1	11.3	11.3	10.1	11.3	11.1	11.8	11.7	11.2	8.8	8.7	10.3	10.4	9.2	9.8
4-5....	509	332	36.8	35.5	15.7	14.3	15.1	13.5	16.1	14.8	15.9	14.5	13.7	12.0	13.7	15.1	14.0	12.5
All..	1,314	816	32.1	30.5	13.0	12.5	12.0	12.2	13.1	13.0	13.3	12.5	10.7	10.1	11.6	12.3	11.0	10.9
Women:																		
19-34..	1,382	863	39.2	39.5	18.6	19.4	17.8	19.4	18.9	19.6	18.8	19.3	17.0	18.2	16.8	18.9	17.6	18.5
35-50..	738	466	37.7	33.0	17.6	15.0	16.1	14.7	17.7	15.6	17.9	15.0	15.6	12.8	16.0	12.6	15.4	14.6
All..	2,120	1,329	38.7	37.2	18.3	17.9	17.2	17.8	18.5	18.2	18.5	17.8	16.5	16.3	16.5	16.7	16.8	17.1
	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986		
-----Percent-----																		
Children:																		
1-3....	8.7	9.1	10.4	10.7	9.2	9.2	9.3	9.8	8.8	9.7	9.6	10.4	10.1	10.6	10.1	10.1		
4-5....	14.4	12.3	14.0	13.0	13.1	12.0	14.6	11.7	15.8	13.4	15.3	12.9	14.7	13.5	13.5	11.8		
All..	10.9	10.4	11.8	11.6	10.7	10.3	11.3	10.6	11.5	11.2	11.8	11.4	11.9	11.8	11.4	10.8		
Women:																		
19-34..	17.1	17.7	17.8	19.3	17.2	18.7	17.9	18.0	17.5	17.9	17.7	18.7	16.9	18.1	17.6	18.6		
35-50..	15.4	13.9	16.0	15.0	16.3	13.7	15.9	13.9	16.3	13.7	16.3	14.3	15.9	13.8	15.8	14.4		
All..	16.5	16.4	17.2	17.8	16.9	16.9	17.2	16.6	17.1	16.5	17.2	17.2	16.5	16.6	16.9	17.1		

Table 8A.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, Low-Income Households, Spring 1985 and Spring 1986--continued

Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber							
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986						
	-----Percent-----															
Children:																
1-3.....	10.7	11.3	11.2	12.1	12.2	13.0	9.5	10.4	11.8	12.7						
4-5.....	16.2	14.6	15.9	14.9	16.4	15.3	14.6	12.3	15.6	15.5						
All.....	12.8	12.6	13.0	13.3	13.8	13.9	11.5	11.1	13.3	13.8						
Women:																
19-34.....	18.8	19.2	18.8	19.6	19.5	20.6	17.2	18.6	18.4	19.7						
35-50.....	17.6	15.4	17.4	15.3	18.0	16.6	16.2	14.2	16.7	13.6						
All.....	18.4	17.9	18.3	18.1	19.0	19.2	16.9	17.0	17.8	17.6						
	Vitamin A (RE)		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Percent-----															
Children:																
1-3.....	8.0	8.1	11.1	11.0	11.2	11.3	9.3	9.5	10.2	10.9	11.3	11.4	10.9	11.4	10.3	10.6
4-5.....	13.1	11.2	14.7	15.4	15.2	14.7	13.8	12.9	14.3	12.9	14.6	13.9	15.9	13.3	15.3	14.1
All.....	10.0	9.4	12.5	12.8	12.7	12.7	11.0	10.9	11.8	11.7	12.6	12.4	12.8	12.2	12.2	12.0
Women:																
19-34.....	16.6	17.4	18.8	20.0	18.4	19.9	16.8	18.1	18.1	19.1	17.6	19.0	18.4	19.5	17.1	18.6
35-50.....	15.4	12.3	16.0	14.3	16.8	15.3	16.1	13.0	16.1	14.7	16.7	14.2	16.5	14.6	16.2	14.3
All.....	16.2	15.6	17.8	18.0	17.9	18.3	16.6	16.3	17.4	17.6	17.3	17.3	17.8	17.8	16.8	17.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 8B.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Indi- viduals (Years)	Individuals		Individuals Eating Away		Food Energy		Protein		Total Fat		Carbo- hydrate		Vitamin A (IU)		Ascorbic Acid		Thiamin		
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
---Number---			-----Percent-----																
Children:																			
1-3....	235	249	20.2	33.6	8.6	13.9	8.4	14.0	8.7	14.8	8.7	13.5	5.4	11.8	6.8	13.8	7.7	11.8	
4-5....	167	165	29.4	41.7	11.0	17.7	10.0	17.1	11.1	18.6	11.4	17.6	8.7	15.4	12.3	18.0	9.6	15.6	
All..	403	414	24.0	36.8	9.6	15.4	9.1	15.2	9.7	16.3	9.8	15.1	6.8	13.2	9.1	15.5	8.5	13.3	
Women:																			
19-34..	374	488	29.3	47.4	14.3	23.3	13.6	23.9	14.0	24.0	14.8	22.7	13.1	22.1	14.9	22.0	13.7	22.2	
35-50..	169	297	29.9	34.7	13.3	16.0	12.7	15.8	13.7	16.7	13.2	16.1	10.3	14.3	10.0	14.1	12.2	15.9	
All..	544	785	29.5	42.6	14.0	20.6	13.3	20.9	13.9	21.2	14.3	20.2	12.2	19.2	13.4	19.0	13.3	19.8	
Riboflavin			Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron				
FSP		NFSP	FSP		NFSP	FSP		NFSP	FSP		NFSP	FSP		NFSP	FSP		NFSP		
-----Percent-----																			
Children:																			
1-3....	7.3	10.8	7.9	13.3	7.2	11.0	7.6	11.9	7.2	12.0	7.7	12.9	8.0	13.0	7.9	12.2			
4-5....	10.2	14.5	9.4	16.6	9.4	14.8	9.9	13.6	10.8	16.0	10.0	15.9	10.5	16.5	8.7	14.9			
All..	8.5	12.3	8.6	14.6	8.1	12.5	8.6	12.5	8.7	13.6	8.7	14.1	9.1	14.4	8.2	13.3			
Women:																			
19-34..	13.2	21.2	13.9	23.5	13.6	22.6	13.3	21.6	13.0	21.7	13.4	22.8	13.6	21.6	13.9	22.2			
35-50..	12.7	14.5	12.5	16.4	11.6	14.9	13.4	14.3	13.1	14.1	13.0	15.0	12.1	14.8	12.4	15.6			
All..	13.0	18.7	13.5	20.8	13.0	19.7	13.3	18.9	13.0	18.8	13.3	19.9	13.2	19.0	13.4	19.7			

Table 8B.--Nutritive Contribution of Food Obtained and Eaten Away from Home: Percentage of Nutrient Intake per Individual in a Day, by Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Age of Individuals (Years)	Saturated Fat		Monounsatu- rated Fat		Polyunsatu- rated Fat		Cholesterol		Dietary Fiber							
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP						
-----Percent-----																
Children:																
1-3.....	8.4	14.1	9.0	15.1	9.5	16.2	7.8	12.8	9.2	16.0						
4-5.....	11.3	17.8	11.0	18.8	10.7	20.0	9.7	14.9	11.5	19.6						
All.....	9.6	15.6	9.8	16.6	10.0	17.7	8.6	13.6	10.1	17.4						
Women:																
19-34.....	13.5	23.7	14.0	24.0	15.2	24.7	12.7	23.0	15.4	23.0						
35-50.....	13.9	16.3	13.4	16.4	14.3	17.9	12.5	15.1	11.1	15.1						
All.....	13.6	20.9	13.8	21.1	14.9	22.1	12.7	20.0	14.1	20.0						
	Vitamin A (RE)		Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----																
Children:																
1-3.....	5.4	10.7	6.5	15.3	8.5	14.0	7.1	11.8	8.2	13.5	8.2	14.4	8.0	14.6	7.8	13.3
4-5.....	8.3	14.2	10.9	20.0	10.7	18.7	9.2	16.6	9.8	16.0	10.6	17.4	9.3	17.4	11.2	17.0
All.....	6.6	12.1	8.3	17.1	9.4	15.8	7.9	13.7	8.9	14.5	9.2	15.6	8.6	15.7	9.2	14.8
Women:																
19-34.....	12.2	21.4	14.5	24.1	15.1	23.5	13.6	21.6	13.9	23.2	14.4	22.4	13.8	23.9	13.9	22.1
35-50.....	10.5	13.3	11.0	16.1	12.9	16.6	11.7	13.7	12.6	15.8	11.4	15.8	12.1	15.9	12.5	15.3
All.....	11.7	18.3	13.4	21.1	14.4	20.9	13.0	18.6	13.5	20.4	13.5	19.9	13.3	20.9	13.5	19.6

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 9A.--Types of Special Diets, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Individuals on Special Diets		Type of Diet									
					Low Calorie/ Weight Loss		Low Fat/ Low Cholesterol		Low Salt		Low Sugar/ Sugar Free		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----											
Children:														
1-3.....	809	495	1.5	0.4	0.0	0.0	7.7	0.0	0.0	0.0	12.5	0.0	79.8	100.0
4-5.....	509	332	1.3	2.6	.0	.0	.0	.0	.0	.0	25.8	66.7	74.2	60.6
All.....	1,318	828	1.4	1.3	.0	.0	5.0	.0	.0	.0	17.2	53.1	77.8	68.6
Women:														
19-34.....	1,382	863	9.0	10.5	58.6	59.9	13.5	15.6	15.7	19.2	21.9	22.4	24.9	25.4
35-50.....	738	466	15.2	19.6	55.9	42.1	23.8	29.3	31.3	32.5	24.0	33.1	16.4	25.9
All.....	2,120	1,329	11.2	13.7	57.3	50.9	18.4	22.5	23.1	25.9	22.9	27.8	20.9	25.6

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 9B.--Types of Special Diets, Low-Income Households, by Food Stamp Program Status, Spring 1986

Age of Individuals (Years)	Type of Diet																												
	Individuals		Individuals on Special Diets		Low Calorie/ Weight Loss		Low Fat/ Low Cholesterol		Low Salt		Low Sugar/ Sugar Free		Other																
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP															
---Number---															-----Percent-----														
Children:																													
1-3.....	236	259	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	100.0	100.0														
4-5.....	167	165	1.4	3.8	.0	.0	.0	.0	.0	.0	100.0	54.2	100.0	45.8															
All.....	404	424	.7	1.9	.0	.0	.0	.0	.0	.0	81.4	42.8	100.0	57.2															
Women:																													
19-34.....	374	488	10.1	10.8	62.5	58.0	23.8	9.6	21.4	17.5	25.4	20.2	22.7	27.4															
35-50.....	169	297	19.2	19.8	33.6	46.7	27.2	30.4	30.2	33.8	30.4	34.6	25.6	26.0															
All.....	544	785	13.0	14.2	49.2	52.0	25.4	20.6	25.4	26.1	27.7	27.8	24.0	26.7															

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 10A.--Use of Vitamin and Mineral Supplements: Percentage of Individuals Using Supplements, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Individuals Using Supplements	
	1985	1986	1985	1986
<div> <div>---Number---</div> <div>-----Percent-----</div> </div>				
Children:				
1-3.....	809	495	47.4	45.5
4-5.....	509	332	44.4	45.0
All.....	1,318	828	46.2	45.3
Women:				
19-34.....	1,382	863	41.6	43.8
35-50.....	738	466	39.9	46.1
All.....	2,120	1,329	41.0	44.6

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by
Individuals, Low Income, 1985 and 1986.

Table 10B.--Use of Vitamin and Mineral Supplements: Percentage
of Individuals Using Supplements, by Food Stamp
Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Individuals Using Supplements	
	FSP	NFSP	FSP	NFSP
---Number---				
-----Percent-----				
Children:				
1-3.....	236	259	46.8	44.4
4-5.....	167	165	39.4	50.6
All.....	404	424	43.8	46.8
Women:				
19-34.....	374	488	38.8	47.6
35-50.....	169	297	38.0	50.8
All.....	544	785	38.6	48.8

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by
Individuals, Low Income, 1986.

Table 11.1A.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, Low-Income Households, Spring 1985 and Spring 1986

Age of Respondents (Years)	Individuals		Physiological Status				Employment Status							
			Pregnant		Lactating		Full Time		Part Time		Not Employed		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----											
19-34.....	1,382	863	6.5	5.7	3.5	4.2	15.3	18.1	14.7	16.3	67.9	64.3	2.1	1.2
35-50.....	738	466	.4	.9	.3	1.3	25.2	19.2	15.1	16.5	58.0	62.7	1.7	1.6
All.....	2,120	1,329	4.4	4.0	2.4	3.2	18.8	18.5	14.8	16.4	64.5	63.8	2.0	1.3

	Educational Level													
	Elementary School or Less		Some High School		High School Completed		College		Not Reported					
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	-----Percent-----													
19-34.....	7.3	6.0	26.8	24.5	46.8	46.1	19.0	23.1	0.1	0.2				
35-50.....	15.6	17.0	27.9	25.3	41.0	38.8	15.3	18.4	.2	.5				
All.....	10.2	9.9	27.2	24.8	44.8	43.6	17.7	21.5	.2	.3				

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 11.1B.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Respondents (Years)	Individuals		Physiological Status				Employment Status							
			Pregnant		Lactating		Full Time		Part Time		Not Employed		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----											
19-34.....	374	488	5.0	6.2	2.2	5.7	9.7	24.6	10.4	20.9	79.0	53.1	0.9	1.4
35-50.....	169	297	.4	1.2	.4	1.8	8.5	25.3	10.5	19.9	79.7	53.1	1.3	1.8
All.....	544	785	3.6	4.3	1.6	4.3	9.3	24.9	10.4	20.5	79.2	53.1	1.0	1.5

Educational Level											
Elementary School or Less		Some High School		High School Completed		College		Not Reported			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Percent-----											
19-34.....	7.0	5.2	33.5	17.7	45.0	47.0	14.1	30.0	0.4	0.1	
35-50.....	22.8	13.7	27.7	23.9	34.0	41.5	15.5	20.1	.0	.8	
All.....	11.9	8.4	31.7	20.0	41.6	45.0	14.6	26.2	.3	.4	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 11.2A--Characteristics of the Adult Female Respondents: Physiological Status and Race, Low-Income Households, Spring 1985 and Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Race					
			White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Not Pregnant or Lactating:								
19-34.....	1,244	778	65.0	67.1	22.7	22.8	9.3	7.3
35-50.....	732	455	61.9	63.4	28.8	24.7	7.2	6.7
All.....	1,976	1,233	63.8	65.8	25.0	23.5	8.5	7.1
Pregnant:								
19-50.....	93	53	67.6	66.1	17.2	16.6	11.8	6.1
Lactating:								
19-50.....	51	42	73.8	84.9	10.2	5.1	16.0	8.5
All Women.....	2,120	1,329	64.2	66.4	24.3	22.6	8.8	7.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1985 and 1986.

Table 11.2B--Characteristics of the Adult Female Respondents: Physiological Status and Race, by Food Stamp Program Status, Low-Income Households, Spring 1986

Physiological Status and Age of Respondents (Years)	Race							
	Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----					
Not Pregnant or Lactating:								
19-34.....	348	430	59.5	73.3	30.2	16.8	8.0	6.7
35-50.....	167	288	51.5	70.3	32.6	20.1	8.1	5.9
All.....	515	718	56.9	72.1	31.0	18.1	8.0	6.4
Pregnant:								
19-50.....	19	34	56.7	71.6	27.7	10.2	4.1	7.3
Lactating:								
19-50.....	9	33	59.7	91.4	16.0	2.3	17.2	6.3
All Women.....	544	785	57.0	72.9	30.6	17.1	8.0	6.4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,
Low Income, 1986.

Table 11.3A.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, Low-Income Households, Spring 1985 and Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Number-----Percent-----										
Not Pregnant or Lactating:										
19-34.....	1,244	778	41.3	42.3	31.4	34.1	15.5	12.9	11.7	10.8
35-50.....	732	455	41.0	40.9	36.3	35.7	15.5	15.3	7.2	8.1
All.....	1,976	1,233	41.2	41.8	33.2	34.7	15.5	13.8	10.1	9.8
Pregnant:										
19-50.....	93	53	46.2	42.7	26.4	35.8	13.3	12.2	14.1	9.2
Lactating:										
19-50.....	51	42	32.6	36.6	43.2	33.4	12.9	21.4	11.3	8.7
All Women.....	2,120	1,329	41.2	41.6	33.2	34.7	15.3	13.9	10.3	9.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 11.3B.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----							
Not Pregnant or Lactating:										
19-34.....	348	430	66.8	22.5	20.1	45.3	1.1	22.4	12.0	9.8
35-50.....	167	288	70.1	23.9	18.0	46.1	3.4	22.2	8.5	7.8
All.....	515	718	67.9	23.0	19.4	45.6	1.8	22.3	10.9	9.0
Pregnant:										
19-50.....	19	34	64.1	30.5	19.6	45.1	.0	19.3	16.3	5.2
Lactating:										
19-50.....	9	33	52.5	32.4	33.0	33.5	.0	27.0	14.5	7.2
All Women.....	544	785	67.4	23.8	19.7	45.1	1.7	22.4	11.1	8.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 11.4A.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, Low-Income Households, Spring 1985 and Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Number of Children 1-18 Years											
			0		1		2		3		4		5 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----											
Not Pregnant or Lactating:														
19-34.....	1,244	778	15.1	17.7	27.0	21.6	29.0	31.4	17.6	16.1	6.7	8.3	4.5	4.8
35-50.....	732	455	17.8	21.6	24.6	20.4	22.9	23.9	20.9	18.1	8.6	11.3	5.3	4.7
All.....	1,976	1,233	16.1	19.2	26.1	21.2	26.8	28.6	18.8	16.8	7.4	9.4	4.8	4.7
Pregnant:														
19-50.....	93	53	16.1	24.1	30.9	29.0	24.0	21.8	16.9	14.9	8.7	4.4	3.5	5.8
Lactating:														
19-50.....	51	42	17.9	9.8	33.9	11.7	41.1	34.4	4.4	16.7	1.0	21.1	1.8	6.2
All Women.....	2,120	1,329	16.2	19.1	26.5	21.2	27.0	28.6	18.4	16.8	7.3	9.6	4.7	4.8
NOTE: See "TABLE NOTES."														
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.														

Table 11.4B.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Number of Children 1-18 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		---Percent---											
Not Pregnant or Lactating:														
19-34.....	348	430	8.2	25.4	20.8	22.2	33.3	29.9	19.4	13.5	11.5	5.8	6.8	3.2
35-50.....	167	288	20.0	22.6	20.0	20.7	21.7	25.1	17.5	18.4	15.3	9.0	5.5	4.2
All.....	515	718	12.0	24.3	20.6	21.6	29.6	28.0	18.8	15.5	12.7	7.1	6.4	3.6
Pregnant:														
19-50.....	19	34	15.9	28.8	30.2	28.3	25.2	19.8	25.7	8.8	2.9	5.2	.0	9.1
Lactating:														
19-50.....	9	33	.0	12.4	9.2	12.3	44.5	31.8	17.0	16.6	29.3	19.0	.0	7.9
All Women.....	544	785	11.9	24.0	20.7	21.5	29.7	27.8	19.0	15.2	12.6	7.5	6.0	4.0

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 11.5A.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, Low-Income Households, Spring 1985 and Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Number of Children 1-5 Years											
			0		1		2		3		4		5 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
<div> <div>Not Pregnant or Lactating:</div> <div> <div>19-34.....</div> <div>35-50.....</div> <div>All.....</div> </div> </div>														
<div> <div>Pregnant:</div> <div>19-50.....</div> </div>														
<div> <div>Lactating:</div> <div>19-50.....</div> </div>														
All Women.....														

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 11.5B.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Number of Children 1-5 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----														
-----Percent-----														
Not Pregnant or Lactating:														
19-34.....	348	430	34.1	48.7	38.2	34.4	21.1	15.3	4.6	1.5	1.9	0.1	0.0	0.0
35-50.....	167	288	72.3	79.7	21.9	15.6	4.7	4.0	.8	.7	.4	.0	.0	.0
All.....	515	718	46.5	61.1	32.9	26.9	15.8	10.8	3.4	1.2	1.4	.1	.0	.0
Pregnant:														
19-50.....	19	34	41.7	40.4	40.2	27.6	12.1	24.5	5.9	1.9	.0	3.7	.0	1.9
Lactating:														
19-50.....	9	33	16.0	16.6	30.8	31.4	45.7	45.9	7.5	1.9	.0	4.1	.0	.0
All Women.....	544	785	45.8	58.3	33.2	27.1	16.1	12.8	3.5	1.2	1.4	.4	.0	.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 12A.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, Low-Income Households, Spring 1985 and Spring 1986

Age of Children (Years)	Individuals		Age of Mother/ Caretaker (Years)						Employment Status											
			19-22		23-34		35-50		Full Time		Part Time		Not Employed		Not Reported					
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986				
	Number		Percent																	
1-3.....	809	495	20.8	20.9	69.6	66.1	9.6	13.0	7.7	10.9	10.0	12.4	79.9	75.5	2.4	1.2				
4-5.....	509	332	10.8	11.2	72.8	75.6	16.4	13.1	14.2	14.0	15.4	10.8	67.1	74.9	3.3	.4				
All....	1,318	828	16.9	17.0	70.9	69.9	12.2	13.1	10.2	12.1	12.1	11.7	75.0	75.3	2.8	.9				
	Educational Level																			
	Elementary School or Less				Some High School				High School Completed				College				Not Reported			
	1985		1986		1985		1986		1985		1986		1985		1986		1985		1986	
	Percent																			
1-3.....	9.8		6.5		31.2		30.1		41.6		42.5		17.2		19.8		0.1		1.1	
4-5.....	8.8		7.2		31.2		28.6		46.9		43.8		13.2		20.5		.0		.0	
All....	9.4		6.8		31.2		29.5		43.6		43.0		15.7		20.1		(*)		.6	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 12B.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Children (Years)	Age of Mother/Caretaker (Years)								Employment Status							
	Individuals		19-22		23-34		35-50		Full Time		Part Time		Not Employed		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number								Percent							
1-3.....	236	259	22.3	19.7	67.5	64.8	10.3	15.5	3.5	17.6	8.2	16.2	86.0	66.0	2.3	0.2
4-5.....	167	165	12.6	9.8	76.2	75.0	11.1	15.2	5.0	23.1	6.8	14.8	87.4	62.1	.7	.0
All....	404	424	18.3	15.9	71.1	68.8	10.6	15.4	4.1	19.7	7.6	15.6	86.6	64.5	1.7	.1
	Educational Level															
	Elementary School or Less				Some High School				High School Completed				College		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Percent															
1-3.....	5.4	7.5	39.9	21.2	42.8	42.3	11.6	27.3	0.3	1.7						
4-5.....	4.4	9.9	39.5	17.5	43.5	44.1	12.6	28.5	.0	.0						
All....	5.0	8.4	39.8	19.8	43.1	43.0	12.0	27.8	.2	1.1						

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 13.1A.--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Age of Male Head (Years)									
			Under 23		23-34		35-50		51 and Over		No Male Head	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986

---Number---

-----Percent-----

Children:

1-3.....	809	495	3.9	5.6	40.6	46.0	14.4	12.2	3.0	0.9	37.7	35.1
4-5.....	509	332	1.5	4.8	41.2	38.9	22.4	13.7	2.0	1.1	32.8	41.1
All.....	1,318	828	3.0	5.3	40.8	43.2	17.5	12.8	2.6	1.0	35.8	37.5

Women:

19-34.....	1,382	863	3.4	2.8	34.6	37.3	14.4	13.1	4.8	4.1	42.4	42.0
35-50.....	738	466	.3	.3	3.0	4.6	38.6	35.8	10.1	12.4	47.8	46.8
All.....	2,120	1,329	2.3	1.9	23.6	25.8	22.8	21.1	6.6	7.0	44.3	43.7

Employment Status of Male Head

Full Time		Part Time		Not Employed		Not Reported		No Male Head	
1985	1986	1985	1986	1985	1986	1985	1986	1985	1986

-----Percent-----

Children:

1-3.....	38.0	37.4	5.8	6.8	17.4	19.5	1.1	1.1	37.7	35.1
4-5.....	45.8	35.2	5.5	6.2	15.5	17.3	.5	.2	32.8	41.1
All.....	41.0	36.6	5.7	6.6	16.6	18.6	.9	.8	35.8	37.5

Women:

19-34.....	34.4	32.4	5.3	7.0	15.9	17.8	2.0	.9	42.4	42.0
35-50.....	29.5	28.9	3.9	5.2	17.5	17.2	1.4	1.9	47.8	46.8
All.....	32.7	31.1	4.8	6.3	16.5	17.6	1.8	1.2	44.3	43.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 13.1B.--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Age of Male Head (Years)											
	Individuals											
			Under 23		23-34		35-50		51 and Over		No Male Head	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---

-----Percent-----

Children:

1-3.....	236	259	3.2	7.8	32.9	58.0	6.4	17.4	1.3	0.6	56.0	16.1
4-5.....	167	165	3.3	6.4	23.2	54.9	7.0	20.5	.0	2.3	66.5	15.2
All.....	404	424	3.2	7.3	28.9	56.8	6.6	18.6	.8	1.2	60.4	15.7

Women:

19-34.....	374	488	3.4	2.4	23.1	48.2	8.0	17.1	2.1	5.7	63.4	25.5
35-50.....	169	297	.0	.4	4.9	4.4	20.7	44.5	4.2	17.0	69.8	33.7
All.....	544	785	2.3	1.7	17.4	31.6	12.0	27.4	2.7	10.0	65.4	28.6

Employment Status of Male Head											
Full Time		Part Time		Not Employed		Not Reported		No Male Head			
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

-----Percent-----

Children:

1-3.....	19.5	53.9	4.1	9.2	19.3	19.7	1.1	1.1	56.0	16.1
4-5.....	10.4	60.5	5.9	6.6	16.8	17.7	.4	.0	66.5	15.2
All.....	15.7	56.4	4.8	8.2	18.3	18.9	.8	.7	60.4	15.7

Women:

19-34.....	15.0	45.7	3.3	9.8	18.1	17.5	.2	1.5	63.4	25.5
35-50.....	9.1	40.1	1.5	7.3	17.6	17.0	2.0	1.8	69.8	33.7
All.....	13.2	43.6	2.7	8.8	17.9	17.3	.7	1.6	65.4	28.6

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 13.2A.--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Educational Level of Male Head													
	Individuals		Elementary School or Less		Some High School		High School Completed		College		Not Reported		No Male Head	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
<div> <div>Number</div> <div>Percent</div> </div>														
Children:														
1-3.....	809	495	8.8	5.9	15.7	11.7	22.8	31.6	14.7	15.2	0.3	0.5	37.7	35.1
4-5.....	509	332	8.4	5.5	13.3	12.9	26.8	27.8	18.5	12.5	.1	.2	32.8	41.1
All.....	1,318	828	8.7	5.8	14.8	12.2	24.4	30.1	16.2	14.1	.2	.4	35.8	37.5
Women:														
19-34.....	1,382	863	7.8	6.8	12.9	11.7	24.0	24.9	12.6	14.2	.3	.3	42.4	42.0
35-50.....	738	466	14.1	12.6	10.2	11.7	19.3	19.1	8.2	8.8	.4	1.0	47.8	46.8
All.....	2,120	1,329	10.0	8.8	11.9	11.7	22.4	22.9	11.1	12.3	.3	.6	44.3	43.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 13.2B.--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Educational Level of Male Head													
	Individuals		Elementary School or Less		Some High School		High School Completed		College		Not Reported		No Male Head	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----														
-----Percent-----														
Children:														
1-3.....	236	259	5.5	6.3	12.1	11.2	19.7	42.4	6.3	23.3	0.3	0.7	56.0	16.1
4-5.....	167	165	3.7	7.3	12.9	13.0	11.3	44.7	5.3	19.9	.3	.0	66.5	15.2
All.....	404	424	4.8	6.7	12.4	11.9	16.2	43.3	5.9	22.0	.3	.4	60.4	15.7
Women:														
19-34.....	374	488	4.5	8.6	11.4	11.9	14.2	33.2	6.1	20.4	.3	.4	63.4	25.5
35-50.....	169	297	10.0	14.1	5.5	15.2	6.8	26.1	5.4	10.7	2.5	.2	69.8	33.7
All.....	544	785	6.2	10.7	9.6	13.2	11.9	30.5	5.9	16.8	1.0	.3	65.4	28.6

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 14.1A.--Distribution of Individuals by Urbanization and by Region, by Food Stamp Program Status, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Urbanization					
			Central Cities		Suburban Areas		Nonmetropolitan Areas	
	1985	1986	1985	1986	1985	1986	1985	1986
-----Number-----								
-----Percent-----								
Children:								
1-3.....	809	495	34.3	38.5	35.2	36.1	30.6	25.4
4-5.....	509	332	34.7	30.0	38.4	37.0	27.0	33.0
All.....	1,318	828	34.4	35.1	36.4	36.5	29.2	28.5
Women:								
19-34.....	1,382	863	38.6	34.2	33.1	35.2	28.3	30.6
35-50.....	738	466	35.4	29.3	35.4	39.4	29.2	31.3
All.....	2,120	1,329	37.5	32.5	33.9	36.7	28.6	30.8

Region								
Northeast		Midwest		South		West		
1985	1986	1985	1986	1985	1986	1985	1986	

-----Percent-----								
Children:								
1-3.....	23.9	18.5	20.2	26.6	35.0	31.1	20.9	23.9
4-5.....	23.5	17.3	17.6	28.2	35.3	32.4	23.6	22.1
All.....	23.7	18.0	19.2	27.3	35.1	31.6	21.9	23.2
Women:								
19-34.....	23.5	19.0	21.7	27.4	33.9	30.6	20.9	23.0
35-50.....	27.8	18.8	24.1	20.3	35.8	38.8	12.3	22.2
All.....	25.0	18.9	22.5	24.9	34.6	33.4	17.9	22.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 14.1B.--Distribution of Individuals by Urbanization and by Region, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Individuals		Urbanization							
			Central Cities		Suburban Areas		Nonmetropolitan Areas			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----										
-----Percent-----										
Children:										
1-3.....	236	259	43.6	33.7	32.3	39.6	24.0		26.7	
4-5.....	167	165	32.8	27.1	34.6	39.4	32.6		33.5	
All.....	404	424	39.1	31.2	33.3	39.5	27.6		29.3	
Women:										
19-34.....	374	488	37.2	31.9	32.3	37.4	30.5		30.7	
35-50.....	169	297	37.0	25.0	28.6	45.5	34.4		29.5	
All.....	544	785	37.1	29.3	31.2	40.5	31.7		30.2	

Region										

Northeast		Midwest		South		West				
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	

-----Percent-----										
Children:										
1-3.....	21.6	15.6	25.5	27.6	31.4	30.8	21.4		26.1	
4-5.....	17.2	17.3	31.1	25.3	34.9	29.7	16.7		27.6	
All.....	19.8	16.2	27.8	26.7	32.9	30.4	19.5		26.7	
Women:										
19-34.....	23.0	15.9	27.3	27.5	29.7	31.3	20.0		25.3	
35-50.....	20.9	17.6	22.3	19.1	33.9	41.5	22.8		21.8	
All.....	22.4	16.5	25.8	24.3	31.0	35.1	20.9		24.0	

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 14.2A.--Distribution of Individuals by Urbanization and Race, by Food Stamp Program Status, Low-Income Households,
Spring 1985 and Spring 1986

Age of Individuals (Years)	All Urbanizations								Central Cities							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	809	495	65.5	65.8	21.1	24.0	10.4	7.4	277	190	47.0	51.0	42.1	42.2	8.2	3.7
4-5.....	509	332	61.3	70.3	18.7	20.0	15.4	6.9	176	100	41.4	51.5	38.6	38.4	16.8	4.9
All.....	1,318	828	63.8	67.6	20.1	22.4	12.3	7.2	454	290	44.8	51.2	40.7	40.9	11.5	4.1
Women:																
19-34.....	1,382	863	65.4	67.8	22.0	21.8	9.6	7.2	534	295	48.4	54.9	40.8	36.9	8.4	3.5
35-50.....	738	466	62.0	63.9	28.6	24.1	7.2	6.9	261	137	39.7	39.4	50.5	50.6	8.4	1.8
All.....	2,120	1,329	64.2	66.4	24.3	22.6	8.8	7.1	795	432	45.5	50.0	44.0	41.2	8.4	3.0
	Suburban Areas								Nonmetropolitan Areas							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	285	179	71.8	76.5	11.0	12.9	12.4	7.0	247	126	78.8	72.7	9.2	12.2	10.5	13.4
4-5.....	195	123	67.8	78.8	10.4	11.9	14.5	6.9	137	110	77.5	78.0	4.8	12.4	14.9	8.6
All.....	480	302	70.2	77.5	10.7	12.5	13.3	7.0	385	236	78.3	75.1	7.6	12.3	12.1	11.1
Women:																
19-34.....	458	304	75.1	75.0	9.1	14.7	11.7	7.7	391	264	77.2	73.8	11.3	13.0	9.0	10.7
35-50.....	261	184	72.2	79.0	16.9	10.9	7.5	5.6	215	146	76.7	67.8	16.3	16.0	5.5	13.5
All.....	719	487	74.1	76.5	12.0	13.3	10.2	6.9	606	410	77.0	71.7	13.1	14.1	7.7	11.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 14.2B.--Distribution of Individuals by Urbanization and Race, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	All Urbanizations								Central Cities							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	Number		Percent		Number		Percent		Number		Percent		Number		Percent	
Children:																
1-3.....	236	259	55.7	74.9	32.9	15.9	9.0	5.9	103	87	42.0	61.7	53.5	29.0	2.3	5.4
4-5.....	167	165	66.2	74.6	26.3	13.6	5.5	8.2	55	45	48.4	55.4	44.6	30.7	2.0	8.4
All.....	404	424	60.1	74.8	30.2	15.0	7.5	6.8	158	132	44.2	59.5	50.4	29.6	2.2	6.4
Women:																
19-34.....	374	488	59.2	74.3	29.8	15.6	8.1	6.5	139	156	44.7	64.0	47.9	27.1	2.5	4.4
35-50.....	169	297	52.0	70.6	32.2	19.5	8.0	6.4	63	74	38.2	40.5	50.1	51.0	.9	2.6
All.....	544	785	57.0	72.9	30.6	17.1	8.0	6.4	202	230	42.7	56.4	48.6	34.8	2.0	3.8
	Suburban Areas								Nonmetropolitan Areas							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	Number		Percent		Number		Percent		Number		Percent		Number		Percent	
Children:																
1-3.....	76	102	66.9	83.7	17.3	9.6	11.4	3.7	57	69	65.5	78.6	16.6	8.5	17.9	9.7
4-5.....	58	65	70.8	86.0	17.9	6.6	10.1	4.1	55	55	79.2	76.7	16.7	8.1	4.1	12.9
All.....	134	167	68.6	84.6	17.6	8.4	10.8	3.9	111	124	72.2	77.8	16.6	8.3	11.1	11.1
Women:																
19-34.....	121	183	65.5	81.3	20.6	10.8	11.7	5.1	114	150	70.2	76.5	17.6	9.6	11.0	10.4
35-50.....	48	135	60.7	85.6	22.3	6.8	9.4	4.2	58	88	59.8	73.1	21.1	12.6	14.5	12.8
All.....	170	318	64.1	83.1	21.1	9.1	11.0	4.7	172	237	66.7	75.3	18.8	10.7	12.2	11.3

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 14.3A.--Distribution of Individuals by Region and Race, by Food Stamp Program Status, Low-Income Households,
Spring 1985 and Spring 1986

Age of Individuals (Years)	Northeast								Midwest							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	193	91	74.8	77.8	14.0	14.8	7.3	3.8	163	132	78.9	75.2	19.0	20.7	2.2	2.3
4-5.....	120	57	66.3	79.7	14.0	9.1	13.8	4.6	90	94	82.5	83.8	17.5	13.3	.0	2.9
All.....	313	149	71.6	78.5	14.0	12.6	9.8	4.1	253	226	80.2	78.8	18.5	17.6	1.4	2.5
Women:																
19-34.....	324	164	70.3	78.9	17.6	11.9	8.3	3.3	299	237	78.8	77.6	20.3	16.6	.9	4.1
35-50.....	205	88	59.9	62.8	26.8	25.0	8.8	2.2	178	94	75.8	77.5	22.8	18.9	1.5	2.2
All.....	530	251	66.3	73.3	21.1	16.4	8.5	2.9	477	331	77.7	77.6	21.2	17.2	1.1	3.6
	South								West							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	284	154	57.3	53.2	32.5	44.0	8.4	2.4	169	118	55.5	62.3	12.1	8.8	25.2	22.3
4-5.....	179	108	59.1	58.0	28.2	37.2	11.1	2.2	120	74	43.6	63.9	9.9	12.0	35.0	20.5
All.....	463	262	58.0	55.2	30.8	41.2	9.5	2.3	289	192	50.5	62.9	11.2	10.0	29.3	21.6
Women:																
19-34.....	469	264	60.0	52.6	32.5	42.6	6.4	2.5	289	199	54.7	66.9	11.6	8.6	25.4	20.2
35-50.....	264	181	56.3	57.6	37.1	36.4	5.9	2.7	91	103	56.5	63.4	19.6	6.8	18.8	22.7
All.....	733	444	58.7	54.6	34.2	40.1	6.3	2.6	380	302	55.2	65.7	13.5	8.0	23.8	21.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 14.3B.--Distribution of Individuals by Region and Race, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Northeast								Midwest							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	51	40	77.4	78.3	18.4	10.3	1.2	7.2	60	71	64.2	84.4	31.7	11.4	3.0	1.7
4-5.....	29	28	77.3	82.1	18.0	.0	.0	9.3	52	42	83.3	84.4	16.7	9.1	.0	6.5
All.....	80	69	77.4	79.9	18.3	6.1	.7	8.1	112	113	73.1	84.4	24.7	10.5	1.6	3.5
Women:																
19-34.....	86	78	82.6	74.9	10.6	13.2	.7	6.1	102	134	66.7	86.0	28.1	7.8	3.0	5.0
35-50.....	35	52	59.3	65.2	25.1	24.8	1.7	2.6	38	57	57.2	90.9	35.9	7.7	3.4	1.4
All.....	122	130	75.8	71.0	14.8	17.9	1.0	4.7	140	191	64.2	87.4	30.2	7.7	3.1	3.9
	South								West							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	74	80	36.2	69.1	61.5	27.7	1.4	3.2	51	67	52.5	69.7	7.2	9.9	35.2	12.6
4-5.....	59	49	50.1	67.4	45.3	27.4	.9	3.7	28	46	56.2	68.6	12.8	11.5	31.0	14.0
All.....	133	129	42.3	68.4	54.3	27.6	1.2	3.4	79	113	53.8	69.3	9.2	10.5	33.7	13.2
Women:																
19-34.....	111	153	39.3	62.2	59.0	30.6	1.0	3.6	75	123	51.4	76.3	11.0	7.1	33.8	12.0
35-50.....	57	123	40.5	65.5	53.7	28.3	1.8	3.1	39	65	57.5	66.9	3.1	8.9	27.4	19.8
All.....	168	276	39.7	63.7	57.2	29.6	1.3	3.4	114	188	53.5	73.1	8.3	7.8	31.6	14.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 14.4A.--Distribution of Individuals by Household Income and Race, by Food Stamp Program Status, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	0 to 75% Poverty								76 to 130% Poverty							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	356	228	53.3	55.3	28.6	30.9	14.2	10.5	266	157	75.3	69.0	16.3	21.3	6.3	6.2
4-5.....	244	159	51.7	63.2	26.0	23.9	17.4	9.8	156	81	70.0	75.0	9.9	16.5	18.1	4.9
All.....	599	387	52.7	58.5	27.6	28.0	15.5	10.2	422	239	73.3	71.1	13.9	19.7	10.7	5.8
Women:																
19-34.....	571	367	52.5	57.4	29.8	27.8	13.6	11.0	438	292	71.2	68.8	19.4	20.8	7.8	5.7
35-50.....	303	187	50.3	50.3	38.5	33.3	7.3	10.9	265	169	68.5	71.5	24.0	18.9	7.0	4.8
All.....	874	553	51.8	55.0	32.8	29.6	11.4	11.0	703	461	70.2	69.8	21.1	20.1	7.5	5.4
	Over 130% Poverty								Income Not Reported							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	97	52	89.1	85.1	7.7	7.1	2.6	5.4	90	59	58.8	80.4	19.7	19.6	15.7	0.0
4-5.....	59	50	86.2	80.7	8.9	10.2	1.6	6.6	50	42	51.1	76.4	21.8	23.6	13.7	.0
All.....	156	101	88.0	82.9	8.1	8.6	2.2	6.0	141	101	56.1	78.8	20.5	21.2	15.0	.0
Women:																
19-34.....	211	112	88.1	88.4	9.2	7.8	1.1	3.8	164	92	65.4	80.4	18.2	18.0	11.8	.6
35-50.....	115	73	81.4	80.4	13.6	15.9	3.5	1.9	54	37	55.0	64.9	27.2	17.9	15.8	6.9
All.....	325	185	85.8	85.3	10.7	11.0	1.9	3.1	218	129	62.8	75.9	20.4	18.0	12.8	2.4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 14.4B.--Distribution of Individuals by Household Income and Race, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	0 to 75% Poverty								76 to 130% Poverty							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number-----Percent-----Number-----Percent-----																
Children:																
1-3.....	155	72	49.8	67.2	35.9	20.0	11.3	8.7	47	111	61.8	72.1	28.5	18.2	7.9	5.5
4-5.....	119	40	63.0	63.6	28.0	11.7	7.3	17.3	18	63	75.0	75.0	17.3	16.3	.0	6.3
All.....	274	112	55.5	65.9	32.5	17.1	9.5	11.8	65	174	65.5	73.1	25.4	17.5	5.7	5.8
Women:																
19-34.....	249	118	54.9	62.7	31.5	19.9	10.2	12.7	77	216	62.3	71.1	28.7	18.1	5.4	5.8
35-50.....	118	69	49.0	52.7	35.7	29.3	8.5	15.1	31	138	68.6	72.1	16.6	19.4	5.7	4.6
All.....	367	187	53.0	59.0	32.8	23.4	9.7	13.6	107	354	64.1	71.5	25.2	18.6	5.5	5.3
Over 130% Poverty								Income Not Reported								
Individuals		White		Black		Other		Individuals		White		Black		Other		
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
---Number-----Percent-----Number-----Percent-----																
Children:																
1-3.....	1	50	100.0	84.8	0.0	7.2	0.0	5.5	33	26	73.5	89.2	26.5	10.8	0.0	0.0
4-5.....	1	49	51.3	81.4	.0	10.5	48.7	5.6	29	13	74.2	81.5	25.8	18.5	.0	.0
All.....	2	99	76.5	83.1	.0	8.8	23.5	5.6	62	39	73.8	86.7	26.2	13.3	.0	.0
Women:																
19-34.....	4	109	84.7	88.5	.0	8.1	15.3	3.4	46	46	75.0	85.8	25.0	11.1	.0	1.2
35-50.....	6	67	39.9	83.9	60.1	12.2	.0	2.1	15	23	46.9	76.8	26.1	12.5	12.3	3.3
All.....	9	176	57.6	86.8	36.4	9.6	6.0	2.9	60	69	68.1	82.8	25.3	11.6	3.0	1.9

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 14.5A.--Distribution of Individuals by Household Size and Race, Low-Income Households, Spring 1985 and Spring 1986

Age of Individuals (Years)	Number of Household Members															
	1								2							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---		---Number---		---Percent---		---Number---		---Percent---		---Number---		---Percent---	
Children:																
1-3.....	0	0	0.0	0.0	0.0	0.0	0.0	0.0	50	15	76.7	62.0	18.8	21.5	4.5	5.6
4-5.....	0	0	.0	.0	.0	.0	.0	.0	26	13	73.8	64.4	15.6	31.1	8.7	4.5
All.....	0	0	.0	.0	.0	.0	.0	.0	76	28	75.7	63.1	17.7	25.8	5.9	5.1
Women:																
19-34.....	41	21	74.5	86.1	23.1	13.9	1.2	.0	198	126	74.9	74.5	18.2	16.5	6.4	5.5
35-50.....	41	33	84.8	64.8	10.4	33.1	2.9	2.0	88	76	62.9	74.1	32.0	22.3	3.4	1.6
All.....	81	54	79.6	73.1	16.7	25.7	2.1	1.2	286	201	71.2	74.4	22.4	18.7	5.5	4.0
	Number of Household Members															
	3								4							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---		---Number---		---Percent---		---Number---		---Percent---		---Number---		---Percent---	
Children:																
1-3.....	164	81	62.6	64.8	25.0	24.1	9.9	6.1	233	163	69.1	68.1	21.3	24.4	7.5	5.8
4-5.....	78	60	56.6	74.2	18.6	21.8	24.1	2.9	130	104	67.3	71.8	17.8	14.9	13.1	8.8
All.....	242	140	60.7	68.8	22.9	23.1	14.5	4.7	362	267	68.5	69.6	20.1	20.7	9.5	7.0
Women:																
19-34.....	332	195	64.5	64.9	23.9	23.5	9.4	8.5	387	239	68.9	72.0	22.2	19.4	7.3	4.7
35-50.....	144	87	61.8	68.2	32.7	21.3	3.7	5.5	181	94	63.0	69.2	23.5	23.0	10.2	4.0
All.....	476	283	63.7	65.9	26.6	22.8	7.7	7.6	567	333	67.0	71.2	22.6	20.4	8.2	4.5

Table 14.5A.--Distribution of Individuals by Household Size and Race, Low-Income Households, Spring 1985 and Spring 1986
--continued

Age of Individuals (Years)	Number of Household Members															
	5								More Than 5							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----		-----Percent-----		-----Percent-----		---Number---		-----Percent-----		-----Percent-----		-----Percent-----	
Children:																
1-3.....	184	108	66.6	70.4	17.2	19.7	11.6	7.0	179	128	59.0	59.8	21.8	27.4	15.0	10.6
4-5.....	133	64	62.2	72.5	18.0	17.3	11.4	6.1	142	92	55.1	65.5	20.7	25.0	17.9	8.0
All.....	317	172	64.7	71.2	17.5	18.8	11.5	6.7	320	221	57.3	62.2	21.3	26.4	16.3	9.5
Women:																
19-34.....	212	129	64.6	67.2	17.9	21.4	11.7	9.0	213	153	50.6	57.3	26.1	29.1	16.9	10.2
35-50.....	149	85	66.7	59.9	26.6	22.8	5.3	8.6	135	91	48.4	49.0	36.6	27.5	13.0	16.0
All.....	361	215	65.5	64.3	21.5	22.0	9.1	8.8	348	244	49.7	54.2	30.2	28.5	15.4	12.4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 14.5B.--Distribution of Individuals by Household Size and Race, by Food Stamp Program Status, Low-Income Households, Spring 1986

Age of Individuals (Years)	Number of Household Members															
	1								2							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	0	0	0.0	0.0	0.0	0.0	0.0	0.0	10	6	45.6	89.9	28.1	10.1	8.9	0.0
4-5.....	0	0	.0	.0	.0	.0	.0	.0	9	4	55.8	83.4	37.6	16.6	6.6	.0
All.....	0	0	.0	.0	.0	.0	.0	.0	18	10	50.4	87.2	32.6	12.8	7.8	.0
Women:																
19-34.....	4	17	62.0	91.2	38.0	8.8	.0	.0	54	72	63.0	83.1	25.8	9.6	4.2	6.4
35-50.....	18	15	65.2	64.4	34.8	31.1	.0	4.6	31	45	64.8	80.3	32.9	15.1	2.3	1.2
All.....	22	32	64.7	78.8	35.3	19.1	.0	2.1	84	117	63.7	82.0	28.4	11.7	3.5	4.4
	Number of Household Members															
	3								4							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	47	34	60.3	71.2	32.0	13.0	5.0	7.6	77	85	60.1	75.4	30.0	19.3	9.0	2.8
4-5.....	39	20	74.8	73.0	23.7	18.1	1.6	5.5	50	54	73.1	70.7	12.8	16.8	11.5	6.4
All.....	87	54	66.9	71.9	28.2	14.9	3.5	6.8	127	139	65.2	73.6	23.2	18.3	10.0	4.2
Women:																
19-34.....	94	101	62.7	66.8	28.4	18.9	7.6	9.4	94	145	66.1	75.8	25.8	15.3	6.7	3.4
35-50.....	29	58	55.8	74.6	23.6	20.2	8.9	3.8	28	67	46.6	78.5	34.7	18.2	5.8	3.3
All.....	124	159	61.1	69.7	27.2	19.4	7.9	7.3	121	211	61.7	76.6	27.8	16.2	6.5	3.4

Table 14.5B.--Distribution of Individuals by Household Size and Race, by Food Stamp Program Status, Low-Income Households, Spring 1986--continued

Age of Individuals (Years)	Number of Household Members															
	5								More Than 5							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
	Number		Percent		Number		Percent		Number		Percent		Number		Percent	
Children:																
1-3.....	48	60	52.5	84.6	33.8	8.6	12.1	3.0	54	74	50.1	67.0	38.0	19.6	9.7	11.3
4-5.....	28	35	65.4	78.3	31.9	5.6	.0	11.0	41	51	52.1	76.2	38.9	13.9	5.6	10.0
All.....	76	96	57.3	82.3	33.1	7.5	7.6	6.0	95	126	51.0	70.7	38.4	17.2	7.9	10.8
Women:																
19-34.....	60	69	59.7	73.7	26.7	16.8	10.4	7.7	69	84	41.3	70.4	42.7	17.8	11.8	8.9
35-50.....	32	53	45.7	68.7	31.6	17.5	13.6	5.6	31	60	39.6	53.9	36.5	22.7	13.6	17.3
All.....	92	122	54.8	71.5	28.4	17.1	11.6	6.8	100	143	40.8	63.6	40.8	19.9	12.4	12.4

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 15A.--Household Size and Household Income as a Percentage of Poverty, Low-Income Households, Spring 1985 and Spring 1986

Number of Household Members	Households		Mean Income		Median Income		Household Income as Percentage of Poverty							
							0 to 75%		76 to 130%		Over 130%		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Dollars-----				-----Percent-----							
1.....	81	54	5,719	4,415	5,470	4,000	33.8	44.0	27.6	38.3	29.3	9.0	9.3	8.7
2.....	273	191	6,171	6,015	5,200	6,000	40.2	40.0	29.6	33.5	15.0	15.6	15.2	10.9
3.....	444	267	8,341	8,178	7,200	8,000	38.8	37.8	31.4	38.7	19.3	12.6	10.5	10.9
4.....	529	319	10,463	10,180	9,100	8,800	40.6	40.9	33.8	31.6	17.6	16.4	8.0	11.0
5.....	321	199	11,910	11,861	12,000	10,000	34.1	42.9	42.0	37.6	15.0	13.7	9.0	5.9
More Than 5.....	267	193	11,262	13,503	10,000	12,000	52.9	45.1	30.0	33.4	6.7	12.8	10.3	8.7
All Households..	1,915	1,223	9,504	9,626	8,000	8,388	40.4	41.2	33.3	35.0	16.2	14.1	10.2	9.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, Spring 1985 and Spring 1986.

Table 15B.--Household Size and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, Spring 1986

Number of Household Members	Households		Mean Income		Median Income		Household Income as Percentage of Poverty							
							0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Dollars-----				-----Percent-----							
1.....	22	32	3,287	5,174	3,300	5,876	82.2	17.7	15.2	54.2	0.0	15.2	2.6	12.9
2.....	82	109	4,558	7,107	4,445	7,900	53.7	29.6	32.9	34.0	2.5	25.6	10.9	10.8
3.....	121	146	5,620	10,262	5,780	9,600	62.4	17.4	22.9	51.7	2.4	21.1	12.3	9.7
4.....	117	202	5,901	12,689	6,000	12,000	74.9	21.2	12.6	42.6	1.1	25.4	11.4	10.8
5.....	87	112	7,223	15,298	7,236	14,000	70.7	21.3	20.1	51.1	.7	23.7	8.5	3.9
More Than 5.....	79	114	9,006	16,483	8,000	15,000	70.8	27.3	12.4	48.0	3.4	19.3	13.5	5.4
All Households..	508	715	6,197	12,022	6,000	10,800	67.5	22.6	19.7	45.9	1.9	22.8	11.0	8.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, Spring 1986.

Table 16.1A.--Household Composition and Race, Low-Income Households, Spring 1985 and Spring 1986

Household Composition	Households		Race					
			White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----					

Male Head and Female Head:

Children.....	976	602	73.8	74.5	14.5	12.2	8.7	8.6
No Children.....	122	104	73.7	80.2	21.8	11.9	2.1	6.4

Female Head Only:

Children.....	682	430	52.6	54.6	35.2	35.6	9.7	5.5
No Children.....	134	87	71.7	71.7	23.9	26.7	2.2	.8

All Households.....	1,915	1,223	66.1	67.8	23.0	21.4	8.2	6.8
---------------------	-------	-------	------	------	------	------	-----	-----

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 16.1B.--Household Composition and Race, by Food Stamp Program Status, Low-Income Households, Spring 1986

Household Composition	Households		Race					
			White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----					

Male Head and Female Head:

Children.....	166	436	70.2	76.1	12.7	12.0	12.7	7.0
No Children.....	14	90	80.7	80.1	8.8	12.4	10.5	5.7

Female Head Only:

Children.....	293	138	50.3	63.7	39.3	27.6	5.1	6.6
No Children.....	35	52	67.7	74.4	32.3	23.0	.0	1.3
All Households.....	508	715	58.9	74.1	29.3	15.9	7.4	6.3

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 16.2A.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, Low-Income Households,
Spring 1985 and Spring 1986

Household Composition	Households		Number of Children 1-18 Years											
			0		1		2		3		4		5 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----											
Male Head and Female Head...	1,099	706	14.0	18.3	24.6	19.8	29.0	28.9	19.5	18.4	8.0	9.4	4.8	5.2
Female Head Only.....	816	517	18.4	18.6	28.2	24.0	25.8	29.5	17.7	14.7	6.5	10.2	3.4	2.9
All Households.....	1,915	1,223	15.9	18.4	26.1	21.6	27.6	29.2	18.7	16.8	7.3	9.7	4.2	4.2

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 16.2B.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, by Food Stamp Program
Status, Low-Income Households, Spring 1986

Household Composition	Households		Number of Children 1-18 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----											
Male Head and Female Head...	181	526	12.0	20.5	14.1	21.8	32.8	27.6	24.4	16.3	9.7	9.2	7.1	4.6
Female Head Only.....	328	190	12.6	29.1	24.0	23.9	29.8	29.1	15.9	12.6	13.7	4.2	4.0	1.1
All Households.....	508	715	12.3	22.8	20.5	22.4	30.8	28.0	18.9	15.3	12.3	7.9	5.1	3.6

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 16.3A.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, Low-Income Households, Spring 1985 and Spring 1986

Household Composition	Households		Number of Children 1-5 Years											
			0		1		2		3		4		5 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---											
Male Head and Female Head...	1,099	706	47.2	50.2	34.5	30.5	13.9	16.3	3.9	2.1	0.6	0.7	0.0	0.1
Female Head Only.....	816	517	56.9	56.9	29.7	28.9	11.4	11.5	1.8	2.1	.2	.6	.0	.0
All Households.....	1,915	1,223	51.3	53.1	32.4	29.8	12.8	14.3	3.0	2.1	.4	.7	.0	.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 16.3B.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, Spring 1986

Household Composition	Households		Number of Children 1-5 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		---Percent---											
Male Head and Female Head...	181	526	41.6	53.2	32.4	29.8	21.6	14.5	3.3	1.7	1.1	0.6	0.0	0.1
Female Head Only.....	328	190	48.8	70.9	34.1	20.0	13.1	8.8	3.1	.3	.9	.0	.0	.0
All Households.....	508	715	46.3	57.9	33.5	27.2	16.1	13.0	3.2	1.4	1.0	.4	.0	.1

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

Table 16.4A.--Household Composition and Household Income as a Percentage of Poverty, Low-Income Households, Spring 1985 and Spring 1986

Household Composition	Households		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		-----Percent-----							
Male Head and Female Head:										
Children.....	976	602	27.7	31.8	41.6	40.7	21.8	18.3	8.9	9.2
No Children.....	122	104	25.1	25.9	33.8	38.9	22.6	22.2	18.6	13.0
Female Head Only:										
Children.....	682	430	63.5	58.3	21.4	24.7	5.0	7.5	10.1	9.5
No Children.....	134	87	29.9	40.2	31.9	41.9	26.5	8.4	11.7	9.5
All Households.....	1,915	1,223	40.4	41.2	33.3	35.0	16.2	14.1	10.2	9.7

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 16.4B.--Household Composition and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, Spring 1986

Household Composition	Households		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---		-----Percent-----								
Male Head and Female Head:										
Children.....	166	436	62.3	20.1	22.9	47.5	3.0	24.1	11.8	8.2
No Children.....	14	90	43.1	23.1	29.4	40.4	9.1	24.3	18.4	12.2
Female Head Only:										
Children.....	293	138	72.0	29.1	16.0	43.1	1.1	21.0	10.9	6.7
No Children.....	35	52	63.3	24.7	31.7	48.8	.0	14.1	5.0	12.5
All Households.....	508	715	67.5	22.6	19.7	45.9	1.9	22.8	11.0	8.7
NOTE: See "TABLE NOTES."										
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.										

Table 17A.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty,
Low-Income Households, Spring 1985 and Spring 1986

Characteristics of Male Head	Households		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
-----Number-----Percent-----										
Age (Years):										
Under 23.....	48	25	32.8	60.6	36.2	29.5	14.6	5.2	16.4	4.7
23-34.....	484	338	27.8	30.2	37.9	39.3	26.0	19.6	8.3	10.9
35-50.....	444	255	26.3	29.6	43.0	40.5	19.6	20.8	11.1	9.2
51 and Over.....	115	85	28.9	30.7	44.9	47.8	17.4	15.4	8.8	6.2
Not Reported.....	8	4	19.6	.0	50.7	45.0	.0	.0	29.7	55.0
Employment Status:										
Full Time.....	655	392	21.7	21.5	45.7	48.3	25.1	19.7	7.5	10.5
Part Time.....	95	79	25.1	27.9	44.7	34.5	14.4	24.7	15.8	12.9
Not Employed.....	315	218	41.9	47.8	31.7	29.7	18.0	15.4	8.3	7.1
Not Reported.....	34	17	10.1	45.9	17.1	25.1	15.5	16.3	57.3	12.7
Education Level:										
Elementary School or Less...	181	101	28.7	42.0	40.3	42.0	9.8	5.1	21.2	10.9
Some High School.....	237	147	35.5	37.8	38.3	38.2	18.1	16.0	8.2	8.0
High School Completed.....	449	295	25.0	25.6	42.8	40.9	24.9	24.1	7.3	9.5
College.....	225	155	23.1	27.3	40.2	40.6	29.0	21.6	7.7	10.6
Not Reported.....	6	8	18.1	30.4	16.9	45.4	32.2	.0	32.7	24.2
No Male Head.....	817	517	57.9	55.3	23.2	27.5	8.5	7.6	10.4	9.5

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985 and 1986.

Table 17B.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty,
by Food Stamp Program Status, Low-Income Households, Spring 1986

Characteristics of Male Head	Households		Household Income as Percentage of Poverty							
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number---		-----Percent-----							
Age (Years):										
Under 23.....	13	12	65.8	55.1	30.1	28.8	0.0	10.7	4.1	5.4
23-34.....	94	245	54.9	20.7	26.9	44.1	3.0	25.9	15.3	9.3
35-50.....	60	195	68.5	17.6	15.4	48.2	5.8	25.4	10.3	8.8
51 and Over.....	14	71	65.5	23.9	29.8	51.3	.0	18.4	4.7	6.5
Not Reported.....	1	4	.0	.0	.0	52.6	.0	.0	100.0	47.4
Employment Status:										
Full Time.....	70	323	46.6	16.1	31.9	51.8	3.1	23.3	18.5	8.8
Part Time.....	14	65	58.6	21.2	27.7	35.9	9.1	28.1	4.6	14.8
Not Employed.....	93	125	71.8	30.0	17.4	38.8	3.0	24.6	7.8	6.6
Not Reported.....	4	13	62.7	40.6	.0	33.0	.0	21.4	37.3	5.0
Education Level:										
Elementary School or Less...	28	73	67.1	32.2	14.4	52.7	2.8	6.0	15.6	9.0
Some High School.....	51	95	66.2	22.5	22.8	46.4	2.9	23.0	8.0	8.0
High School Completed.....	65	230	54.8	17.3	28.5	44.3	2.0	30.3	14.7	8.0
College.....	31	125	63.4	18.4	20.6	45.5	8.7	24.8	7.3	11.4
Not Reported.....	5	2	33.4	23.8	31.7	76.3	.0	.0	34.9	.0
No Male Head.....	328	190	71.1	27.9	17.6	44.7	1.0	19.1	10.3	8.3

NOTE: See "TABLE NOTES."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1986.

GENERAL NOTES

- (1) The numbers of individuals in the tables are weighted. See Appendix A for an explanation of weighting procedures.
- (2) The numbers of individuals in the specified age groups may not sum to the number in the ALL row because of rounding of fractional weighting factors.
- (3) The number of individuals in certain groups is small; thus, the results for these groups should be interpreted with caution.
- (4) FSP and NFSP designate participants and non-participants, respectively, in the Food Stamp Program.

TABLES 1.1-A1 to 1.1-B2--MEAT, POULTRY, FISH

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

Total meat, poultry, fish--Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Unflavored gelatin and meat gravies are included in this total but not in any of the following subgroups.

Beef--Includes beef steaks, roasts, ground beef, baby-food beef, corned beef, beef bacon, pastrami, oxtails, and shortribs. Excludes variety meats, such as liver and kidney, and processed beef, such as beef bologna and beef frankfurters. Excludes beef reported as part of a mixture.

Pork--Includes ham; bacon; salt pork; pigs' feet; pork cracklings; baby-food pork and ham; pork roll; and fresh, ground, cured, smoked, pickled, and dehydrated pork. Excludes variety meats and frankfurters, sausages, and luncheon meats. Excludes pork reported as part of a mixture.

Lamb, veal, game--Includes lamb, veal, goat, baby-food lamb and veal, rabbit, venison, and other game. Excludes variety meats. Excludes lamb, veal, or game reported as part of a mixture.

Organ meats--Includes liver, heart, kidney, and other variety meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart.

Frankfurters, sausages, luncheon meats--Includes processed meats from beef, pork, ham, veal, chicken, and turkey and baby-food meat sticks and frankfurters. Excludes items reported as part of a mixture.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wildfowl, and baby-food chicken and turkey. Excludes giblets. Excludes poultry reported as part of a mixture.

Chicken--Includes chicken only. Excludes giblets.

Fish and shellfish--Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid, and turtle. Excludes fish and shellfish reported as part of a mixture.

Mixtures mainly meat, poultry, fish--Includes mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog, salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat, poultry, or fish sandwiches reported as a single item (for example, ham sandwich).

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.2-A1 TO 1.2-B2--MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

Total milk and milk products--Quantities are expressed in grams and as calcium equivalents. Includes fluid milk, yogurt, cream, milk desserts, and cheese. Excludes butter. Whey, flavored milk drinks, meal replacements with milk, milk-based infant formulas, unreconstituted dry milk and powdered mixtures, and milk sauces and gravies are included in this total but not in any of the following subgroups.

Total fluid milk--Quantities are as reported. Includes whole, lowfat, skim, acidophilus, filled, evaporated, and condensed milk; buttermilk; goat's milk; and reconstituted dry milk.

Whole milk--Quantities are as reported. Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat and skim milk--Quantities are as reported. Includes lowfat (1 and 2 percent) and skim fluid cow's milk, lowfat fluid milk filled with vegetable oil, and reconstituted lowfat and nonfat dry milk.

Calcium equivalent--Quantity (in grams) of whole fluid milk to which dairy products (except butter) are equivalent in calcium content (see Glossary).

Yogurt--Quantities are as reported. Includes plain, flavored, and fruit-variety yogurt, breakfast yogurt, and frozen yogurt.

Cream and milk desserts--Quantities are as reported. Includes fluid and powdered cream, half-and-half, sour cream, ice cream, ice milk, milk sherbets, and desserts made with milk, such as custards, cornstarch pudding, and baby-food puddings. Excludes nondairy sweet cream and sour cream substitutes, which are included under fats and oils.

Cheese--Quantities are as reported. Includes natural hard and soft cheeses, processed cheeses and spreads, imitation cheeses, cottage cheese, cream cheese, and mixtures that are mainly cheese, such as cheese souffle, rarebit, and cheese sandwiches reported as a single item.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and mixtures that are mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item.

Legumes, nuts, seeds--Includes cooked dry beans, peas, and lentils; mixtures that are mainly legumes, such as baked beans, soups, and baby-food split peas; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes that are mainly vegetable protein; nuts; peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.3-A1 TO 1.3-B2--VEGETABLES

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

Total vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Total vegetables--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, and other vegetables and mixtures that are mainly vegetables.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; and mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables), which are included under "other vegetables."

Tomatoes--Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwiches reported as a single item.

Dark-green vegetables--Includes raw and cooked dark-green leafy vegetables, such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures that are mainly dark-green vegetables, such as spinach souffle and escarole soup; and baby-food spinach.

Deep-yellow vegetables--Includes raw and cooked deep-yellow or orange vegetables, such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

Other vegetables--Includes cooked and raw vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables other than spinach, carrots, squash, and sweet potatoes and baby-food vegetable mixtures with meat; and mixtures that are mainly "other" vegetables.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.4-A1 TO 1.4-B2--FRUITS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

Total fruits--Includes citrus fruits and juices; dried fruits; and other fruits, mixtures that are mainly fruits, and fruit juices.

Total citrus fruits and juices--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades, such as lemonade, which are included under beverages.

Citrus juices--Includes grapefruit, lemon, lime, orange, tangerine, and other citrus juices whether sweetened or unsweetened, fresh, frozen, canned, or bottled; mixtures such as grapefruit and orange juice, apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

Dried fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits. Excludes dried fruit mixtures.

Total other fruits, mixtures, juices--Includes raw and cooked apples, bananas, berries, and other fruits except citrus and dried fruits; fruit salads and mixtures that are mainly fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades, which are included under beverages.

Apples--Includes raw and cooked apples, applesauce, and baby-food applesauce. Excludes mixtures.

Bananas--Includes raw and cooked bananas. Excludes mixtures.

Other fruits and mixtures mainly fruit--Includes fruits other than citrus fruits, dried fruits, apples, and bananas; also includes baby-food noncitrus fruits and mixtures that are mainly fruits.

Noncitrus juices and nectars--Includes fruit juices and baby-food juices other than citrus. Excludes fruit drinks and ades, which are included under fruit drinks and ades.

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.5-A1 TO 1.5-B2--GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS

Note--This table contains corrected 1985 data. In CSFII Report No. 85-2, biscuits and sweet rolls were erroneously included with yeast breads and rolls rather than with other baked goods.

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

Total grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, and mixtures having a grain product as a main ingredient. Flour and biscuit mix are included under this total but not in any of the following subgroups.

Yeast breads and rolls--Includes yeast breads and rolls (excluding sweet rolls), English muffins, and bagels. Excludes yeast-type coffee cakes.

Other baked goods--Includes yeast-type sweet rolls and coffee cakes, biscuits, cornbread, tortillas, plain and fruit muffins, other quick breads, cakes, cookies, pies, pastries, doughnuts, crackers, salty snacks made from grain products, pancakes, waffles, and french toast.

Total cereals and pastas--Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, ready-to-eat cereals, and uncooked cereal grains.

Ready-to-eat cereals--Includes unsweetened and sweetened ready-to-eat cereals, baby-food cereals, and mixtures of baby cereal and fruit or egg yolk.

Mixtures mainly grain--Includes mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Total fats and oils--Includes table fats; cooking fats, such as bacon grease, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Table fats--Includes butter, margarine, and imitation margarine.

Salad dressings--Includes regular and low-calorie salad dressings and mayonnaise.

Total sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Sugars--Includes white, brown, maple, and raw sugar and sugar substitutes.

Candy--Includes candy (including dietetic sweets), chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.6-A1 TO 1.6-B2--BEVERAGES

Note--This table contains corrected 1985 data. In CSFII Report No. 85-2, some low-calorie soft drinks were included in the wrong group.

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

Total beverages--Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Several nonalcoholic, nonfruit, non-carbonated beverages (for example, Puerto Rican oatmeal beverage) are included under this total but not in any of the following subgroups.

Total alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors.

Beer and ale--Includes beer, ale, and light ("lite") beer. Excludes near beer.

Total nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and near beer.

Coffee--Includes ground and instant decaffeinated and regular coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea--Includes tea from leaves; instant tea; instant tea with lemon, sugar, or artificial sweetener; frozen concentrate; and herb and other teas.

Total fruit drinks and ades--Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix or frozen concentrate.

Regular fruit drinks and ades--Includes all fruit drinks, punches, and ades, except low-calorie and low-sugar types. Excludes carbonated fruit drinks.

Low-calorie fruit drinks and ades--Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks--Includes regular and diet carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; and near beer and other malt- and ale-type nonalcoholic beverages.

Regular carbonated soft drinks--Includes all carbonated soft drinks except unsweetened and sugar-free types. Also includes near beer and other malt- and ale-type nonalcoholic beverages.

Low-calorie carbonated soft drinks--Includes unsweetened and sugar-free carbonated soft drinks, seltzer water, and carbonated mineral water.

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 2.1A TO 2.4B--NUTRIENT INTAKES

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

Vitamin A--Represents total vitamin A activity expressed as retinol equivalents (RE) and as international units (IU).

Niacin--Values for niacin do not include niacin contributed by tryptophan, a niacin precursor.

All low-income--Includes all women and children who were part of the low-income sample based on their household income for the previous month. The income level categories (0-75% poverty, 76-130% poverty, and 0-130% poverty) are based on income for the previous year. Thus, differences in the numbers of individuals in the 0-130% poverty category and the all low-income category are accounted for by women and children in households with income for the previous year of over 130 percent of poverty and women and children in households that did not report income for the previous year. (See the data presentation section of Appendix A for additional information.)

Dietary fiber--Represents total dietary fiber. Includes both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums and pectin).

Carotenes--Represents retinol equivalents (RE) of vitamin A activity provided by beta-carotene and other provitamin A carotenoids.

Vitamin E--Represents vitamin E activity from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol expressed as alpha-tocopherol equivalents.

Folacin--Represents total folate activity.

Sodium--Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.

TABLES 3.1A TO 3.4B--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES

Recommended Dietary Allowances--The data are compared with the 1980 RDA. See Appendix B.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

Vitamin A--Based on intakes expressed as international units (IU) to permit comparison with data from NFCS 1977-78. Appendix B provides RDA for vitamin A expressed as IU and as RE.

Niacin--Intakes of niacin do not include niacin contributed by tryptophan, a niacin precursor.

All low-income--Includes all women and children who were part of the low-income sample based on their household income for the previous month. The income level categories (0-75% poverty, 76-130% poverty, and 0-130% poverty) are based on income for the previous year. Thus, differences in the numbers of individuals in the 0-130% poverty category and the all low-income category are accounted for by women and children in households with income for the previous year of over 130 percent of poverty and women and children in households that did not report income for the previous year. (See the data presentation section of Appendix A for additional information.)

TABLES 4A TO 4B--NUTRIENT INTAKES PER 1,000 KILOCALORIES

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

TABLES 5A TO 5B--NUTRIENT SOURCES OF FOOD ENERGY

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

TABLES 6A TO 6B--FREQUENCY OF EATING

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

(*)--Value less than 0.05 but more than 0.

TABLES 7A TO 7B--NUTRITIVE CONTRIBUTION OF SNACKS

Snack--Any eating occasion designated by the respondent as a snack, coffee break, or beverage break.

Percentage of nutrient intake--If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

TABLES 8A TO 8B--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME

Percentage of nutrient intake--If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--In 1985, excludes four breast-fed children; includes two women with zero intakes. In 1986, excludes 11 breast-fed children.

TABLES 9A TO 9B--SPECIAL DIETS

Individuals--In 1985, includes four breast-fed children; includes two women with zero intakes. In 1986, includes 11 breast-fed children.

Type of special diet--Percentages listed in each column are the percentages of individuals on special diets who reported that type of diet.

Percent--Multiple types could be reported. Therefore, columns under type of diet may not sum to 100 percent.

TABLES 10A TO 10B--USE OF VITAMIN AND MINERAL SUPPLEMENTS

Use--Includes both regular and occasional use of vitamin and/or mineral supplements.

Individuals--In 1985, includes four breast-fed children; includes two women with zero intakes. In 1986, includes 11 breast-fed children.

TABLE 12--CHARACTERISTICS OF THE CHILDREN'S MOTHER/CARETAKER

Individuals--In 1985, includes four breast-fed children; includes two women with zero intakes. In 1986, includes 11 breast-fed children.

TABLE 13--DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD

Individuals--In 1985, includes four breast-fed children; includes two women with zero intakes. In 1986, includes 11 breast-fed children.

TABLES 14.1 TO 14.5--DISTRIBUTION OF INDIVIDUALS BY SELECTED HOUSEHOLD CHARACTERISTICS

Individuals--In 1985, includes four breast-fed children; includes two women with zero intakes. In 1986, includes 11 breast-fed children.

Race--Excludes individuals for whom race was not reported.

TABLES 16.1 TO 16.4--HOUSEHOLD COMPOSITION AND SELECTED HOUSEHOLD CHARACTERISTICS

Race--Excludes households for which race was not reported.

Age--Calculated from date of birth as reported by the household informant.

Alpha-tocopherol equivalent--See "Vitamin E."

Calcium equivalent--The amount, expressed in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 g) of cheddar cheese is calculated as follows:

- (1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

- (2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor--57 g x 6.06 = 345 g. (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 345 g of fluid whole milk).

Carotenes--Beta-carotene and other provitamin A carotenoids (see Vitamin A).

Central city--See "Urbanization."

Dietary fiber--Total dietary fiber including both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

Dietary intake--See "Food intake."

Eating occasion--Any report of eating or drinking by a respondent. Each change in time of eating reported on the questionnaire was considered to be a separate eating occasion.

Educational level--Adult respondents were categorized according to the highest grade of formal schooling they completed: (a) elementary--grade 8 or less; (b) some high school--1 to 3 years; (c) high school completed--4 years or high school equivalency; (d) college--1 to 5 years or more; or (e) not reported. Formal schooling does not include trade or vocational schooling or company training unless credit is given which would be accepted at a regular school or college.

Employment status--Employment includes any work done during the week prior to the interview for which money, goods, or services were received, including active duty in the Armed Forces. A respondent was also "employed" if she had a job but was not actually at work that week. Full-time (35 hours or more) or part-time (1 through 34 hours) status was determined by the number of hours per week usually worked during the past 3 months.

Female head of household--Person indicated as such by the household informant; usually the wife of the male head of household if a male head was present.

Folacin--Total folate activity.

Food group--See "Table Notes" for descriptions of the various food groups and subgroups.

Food intake--All beverages (except water) and foods ingested by the respondent. Does not include inedible parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Food obtained and eaten away from home--Any food or beverage ingested by a respondent that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply. See "Home food supply."

Food Stamp Program status--Based on response of the household informant to the following questions: "Did this household receive any Government food stamps this month?" or "Did this household receive any food stamps last month?"

Home food supply--Foods and beverages ingested at home and food items carried from home and eaten elsewhere, such as those in picnics and packed lunches.

Household--A group of individuals who regularly occupy a house, an apartment, or a room or group of rooms that constitute a housing unit; includes persons temporarily absent, such as those who were in a dormitory, in the hospital, or traveling. Group quarters such as rooming houses, military barracks, and institutions were not included in the survey.

Household informant--The household member who gave information on household characteristics such as income, food expenditures, and participation in food assistance programs; usually the female head of household.

Household size--Number of individuals in a household. See "Household."

Income--Household informant's estimate of the total income from all sources, before taxes, of all household members in 1985. Called "household income."

Lactating female--A respondent who at the time of the interview was breast-feeding a child born since January 1, 1983.

Male head of household--Person indicated as such by the household informant; usually the husband of the female head of household.

Main meal planner/preparer--Person identified by the household informant as most responsible for planning and preparing the household's meals.

Midwest--See "Region."

Mother/caretaker--The mother or guardian of a child respondent or the person most responsible for that child.

Niacin--Nicotinic acid and nicotinamide present in foods. Does not include niacin converted from dietary tryptophan, a niacin precursor.

Nonmetropolitan areas--See "Urbanization."

Northeast--See "Region."

Nutrient density--Amount of nutrient per 1,000 kilocalories of food energy intake.

Nutrient intake--Nutrient content of all foods and beverages (except water) ingested by the respondent. Vitamin, mineral, and other supplements are excluded. See "Methodology" (Appendix A) for information on the nutrient data base.

One-day dietary recall--A recall of beverages and foods ingested during the day preceding the interview--the 24 hours from 12:00 a.m. (midnight) to 11:59 p.m.

Poverty--See "Methodology" (Appendix A) for explanation of how percentage of poverty level was determined.

Pregnant female--A respondent who at the time of the interview answered, "Yes," to the question, "Are you pregnant?"

Race--Self-reported by adult respondents as white, black, Asian/Pacific Islander, or Aleut/Eskimo/American Indian. Children were assigned the race of their mother/caretaker.

Recommended Dietary Allowances (RDA)--Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the nutritional needs of practically all healthy individuals (4). Intakes below RDA are not necessarily inadequate, but the risk of inadequacy increases to the extent that intake is less than the recommended level. The 1980 RDA for the various sex-age groups are given in Appendix B.

Region--An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1980 Census of Population. The four census regions and their States are as follows:

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont.

Midwest (formerly North Central): Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin.

South: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia.

West: Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Retinol equivalents--See "Vitamin A."

Snack--Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break.

South--See "Region."

Spring--April, May, and June.

Suburban areas--See "Urbanization."

Supplements--Vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

Urbanization--Based on metropolitan statistical areas (MSA) defined by the U.S. Department of Commerce for the 1980 Census of Population. The degrees of urbanization used in this report are as follows:

Central city: A city which has a population of 50,000 or more and is the main city within an MSA.

Suburban area: Generally within the boundaries of an MSA but not within the legal limits of the central city.

Nonmetropolitan area: Any area not within an MSA.

User--Any participant who reported eating a food item from a specified food group or subgroup at least once during the surveyed day.

Vitamin A--Vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids. Values in tables are expressed as international units (IU) and as retinol equivalents (RE). One IU equals 0.3 micrograms of retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE

equals 1 microgram retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Vitamin E--Vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol. Value is expressed as alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram of alpha-tocopherol, 2 milligrams of beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Weighting factors--Factors applied to data from completed questionnaires to compensate for differing response rates among the primary sampling units and among individuals of similar ages. See "Methodology" (Appendix A) for a further discussion.

West--See "Region."

Sample Design

The CSFII 1986 low-income sample was drawn from all private households in the conterminous United States that had income for the previous month at or below 130 percent of the poverty guidelines (2). The survey was designed to provide a multistage stratified area probability sample representative of the 48 conterminous States. The sampling frame was organized using estimates of the U.S. population in 1985. Adjustments were made at the time of the survey to reflect the 1986 population. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

The 48 States were grouped into the 9 census geographic divisions; then, all land areas within the divisions were divided into 3 urbanization classifications: central city, suburban, and nonmetropolitan (see Glossary). The stratification process resulted in a total of 60 strata--17 central-city, 28 suburban, and 15 nonmetropolitan--which correspond to the geographic distribution, urbanization, and density of the population within the conterminous United States as reported by the Bureau of the Census. The distribution of these strata is shown below:

<u>Census region and division</u>	<u>Central city</u>	<u>Suburban</u>	<u>Nonmetro- politan</u>
----- <u>number of strata</u> -----			
Northeast:			
New England	1	1	1
Middle Atlantic	3	5	1
Midwest:			
East North Central ..	3	6	2
West North Central ..	1	1	2
South:			
South Atlantic	2	5	3
East South Central ..	1	1	2
West South Central ..	2	3	2
West:			
Mountain	1	1	1
Pacific	3	5	1
Total	17	28	15

Counties, cities, or parts of cities within each stratum were grouped together into smaller, relatively homogeneous units called primary sampling units (PSU), based on political, economic, and demographic characteristics and/or geographical proximity. Two PSU were selected to represent each of the 60 strata for a total of 120 PSU. Each PSU was selected with a probability proportional to its estimated size based on 1985 population estimates.

To increase the probability of locating low-income households within each PSU, a disproportionate sample of smaller clusters called area segments was drawn. Area segments were divided geographically along census boundaries and contained a minimum of 100 housing units. A two-step selection process was used to identify sample area segments. First, 700 area segments were chosen with a probability proportional to the ratio of the number of housing units in the area segment to the total number of housing units in the PSU. Each of the 700 segments was then assigned to one of 3 poverty strata according to the proportion of the population in the segment at or below 125 percent of the poverty guidelines. (This poverty cut-off was the closest published figure to the 130 percent target sought for the CSFII.) Second, using a higher sampling rate to select area segments in strata containing larger poverty populations, a total of 336 segments were drawn into the final sample by systematic random sampling procedures. The following table shows the distribution of the initially sampled segments, those included in the final draw, and the sampling rate associated with each of the three poverty strata.

<u>Poverty stratum</u>	<u>Segments initially sampled</u>	<u>Segments subsampled</u>	<u>Sampling rate</u>
	<u>-----number-----</u>		
Less than 10% of population at or below 125% of poverty	225	56	0.25
10-24% of population at or below 125% of poverty	325	130	0.40
25% or more of population at or below 125% of poverty	150	150	1.00
All strata	700	336	

To ensure comparability between the CSFII 1985 and the CSFII 1986, the same 336 area segments were sampled in the two surveys. However, different housing units were selected for the CSFII 1986 than for the CSFII 1985.

The 336 area segments were prelisted prior to the CSFII 1985 to identify the existing housing units within the area boundaries at the time of the survey. New housing units that came into existence between the 1985 and 1986 surveys were added to the lists before the 1986 sample was selected. The prelisted

number of housing units in the area as of 1985, together with census information, served as the basis for determining the number of housing units to be selected for the CSFII 1986 from that area.

A systematic random sample of housing units was identified for contact in each area segment. The number of sample housing units was about equal in each segment. Approximately 12,983 sample housing units were identified. Of these, 1,485 were not occupied at the time of field contact, and 1,235 were not screened because the occupants refused or could not be found at home or for other reasons.

The remaining 10,263 households were screened to determine the previous month's income, the number of people in the household, and the presence or absence of age-eligible women. Those households meeting the income criterion and containing at least one woman 19 to 50 years of age were drawn into the final sample, and interviews were attempted with all age-eligible women residing in the household. Of the 10,263 households screened, 1,386 were eligible to participate in the survey. Of these, 1,223 (88 percent) participated.

Data Collection

To contact individuals in housing units selected as part of the sample, trained interviewers made a minimum of three personal visits plus up to eight telephone calls to each household having a telephone. To contact households without telephones, interviewers made a minimum of six personal visits (five in rural

areas). At each household, the interviewer conducted a screening interview to determine if the household was eligible to participate.

Eligible households contained at least one woman 19 through 50 years of age at the time of initial contact and had an income at or below 130 percent of the 1986 poverty guidelines during the previous month. The guidelines are based on household size (see section in this appendix on Data Presentation). In eligible households, all women 19 to 50 years of age and their children ages 1 through 5, if any, were invited to be interviewed and to participate in a yearlong survey panel. A letter of introduction was provided, and respondents were informed that the full survey involved the collection of 6 individual days of intake data separated by intervals of approximately 2 months.

For the 1,223 low-income households containing at least one age-eligible woman that participated and provided useful data, a total of 1,320 women and 762 children (unweighted) satisfactorily completed the first CSFII 1986 food intake interview.

The interviewing process included two major steps: (1) collection of information about the household and (2) collection of information on food intake. Separate intake records were used for each woman and for each child.

Interviewers were instructed to complete all interviews in a single household during the same visit, to complete the household schedule first and then the required intake records, and to obtain intake data about a woman and her children for the same 24-hour period.

Interviewers were provided with instructions on what to do if deviation from this pattern was necessary.

Multiple contacts were made, when needed, to complete interviews in eligible households. Interviewing of a household was not considered complete until the household schedule and intake records for all eligible individuals who agreed to participate were obtained.

Information on the characteristics of the household was collected from the primary age-eligible woman in the household (the household informant). The female head of the household was always the household informant if she was age-eligible. In households where the female head was not age-eligible or where she did not take part in the survey, interviewers collected data on household characteristics from the age-eligible woman who was the main meal planner/preparer or the age-eligible woman who could best answer questions about the household. Household characteristics included the previous year's household income before taxes; participation in food programs; age, education, occupation, and employment status of the male head of household; household size; tenancy; usual amount of money spent on food; and each household member's sex, age, and relationship to the female head of the household.

Each woman interviewed provided information on her own food intake as well as that of her children. Information was collected on all food eaten either at home or away, the time of day food was eaten, what the eating occasion was called, and the use of salt at the table. The main meal planner/preparer was asked about the use of fat (including type) and salt in food

preparation and about the form in which the food was brought into the home (commercially frozen, canned, or bottled or in another form). Foods were designated as coming from the home food supply or as obtained and eaten away from home.

A Food Instruction Booklet, developed by National Analysts, was used by the interviewer to help respondents adequately describe foods and amounts eaten. The interviewers used standard household measuring cups and spoons and a ruler during the interview to help respondents estimate quantities of foods and beverages consumed. Respondents kept the cups, spoons, and ruler for use during subsequent interviews.

Each woman interviewed also provided information on her age, race, physiological status (pregnancy and lactation), employment, occupation, education, use of special diets, and use of vitamin and mineral supplements. Information on children's special diets and use of supplements was provided by their mother/caretaker. Children were assigned the race of their mother/caretaker.

Eligible households were scheduled for interview to provide representativeness of intake data by day of the week. The distribution of intake data by day of the week for all women and children is as follows:

<u>Day of week of reported intake</u>	<u>Acceptable dietary forms collected percent</u>
Sunday.....	13.6
Monday.....	18.6
Tuesday.....	17.3
Wednesday.....	18.5
Thursday.....	14.4
Friday	13.3
Saturday	4.4*

* Many participants were reluctant to be interviewed on a Sunday.

Sample Weights

Because area segments were disproportionately sampled, a weight was applied to each segment to adjust for the different sampling rates. In addition to the segment weight, household and individual weighting factors were applied to data from completed intake records to adjust for sources of nonresponse--not all eligible households participated, not all eligible women and children in eligible households were interviewed, and not all interviews yielded complete dietary information. Weighting procedures involved the following steps:

- (1) The segment weight was the inverse of the segment's probability of selection.

- (2) Household weights for each area segment were determined by estimating the total number of eligible occupied households and dividing this number by the actual number of interviewed households in the segment. This factor times the segment weight was the household weight. The resulting household weights were adjusted so that the total weighted number of households would equal the total unweighted number of households, except for rounding differences.
- (3) Separate initial weights were required for children and for women. The adjustment for eligible children for whom complete dietary intake information was not collected was made on an age basis across all households in a segment. All eligible children in participating households were divided into two age groups: those 2-1/2 years or under and those over 2-1/2 years. Children in each age group were listed by area segment. If complete dietary intake data were provided for all eligible children within an area segment, each child was given an initial weighting factor of 1.00. In area segments having children with missing dietary data, participating children received initial weighting factors that summed to the number of eligible children within the same age group in that segment. For example, if dietary data were missing or incomplete for one of five eligible children in the same area segment and age group, the other four children were assigned an initial weighting factor of 1.25.

The adjustment for eligible women for whom complete dietary intake information was not collected was made within a sample household. First, the number of age-eligible women and the number of participating women in each household were determined. Second, in households where all eligible women participated, each woman was given an initial weighting factor of 1.00. In households where not all of the age-eligible women participated, the women in that particular household who did participate received initial weighting factors that summed to the number of eligible women in that household.

- (4) The initial weighting factor for each child or woman was then multiplied by the household weight to obtain the final individual weight.

The unweighted and weighted counts of individuals by sample weighting groups for the first food intake interview are shown below:

	<u>Unweighted count</u>	<u>Weighted count</u>
Children:		
2½ years or under	244	255
Over 2½ years	518	572
All	762	828*
Women:		
19-50 years	1,320	1,329
All individuals	2,082	2,156

* Numbers in the specified age groups may not sum to total because of rounding of fractional weighting factors.

Data Processing

Completed schedules were coded by the contractor (National Analysts) using food codes, gram weight conversions, and coding guidelines provided by the Human Nutrition Information Service (HNIS) (5). Each food and beverage reported as ingested during the 24-hour survey period was assigned a code number, and amounts of foods ingested were converted to weight in grams. Items that could not be coded by the contractor with available information were referred to HNIS for resolution. New codes were created by HNIS as needed.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food from the intake record and the nutritive value of that food (per 100 grams) from a nutrient data base. The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in all foods reported by an individual were summed to obtain the nutrient intake for the day.

The nutrient data base used to calculate nutrient intakes was developed by HNIS for use in this survey. The data base contains representative nutrient values for 100 grams of the edible portion of approximately 4,600 food items. The values for most items containing two or more ingredients were calculated from ingredient data using representative recipes. Responses to the questions asked of the main meal preparer on use of salt and fat in food preparation were translated into an assumed amount of salt or fat added to the recipe and were coded accordingly. Fat was coded by type. For children and for women who were not the main meal preparer, the assumption was made that salt was added in cooking.

The nutrient data base includes values for food energy and 29 nutrients and other dietary components.¹ The

¹Protein, total fat, carbohydrate, vitamin A (as international units), ascorbic acid, thiamin, ribo-flavin, niacin, vitamin B-6, vitamin B-12, calcium, phosphorus, magnesium, iron, saturated fat, mono-unsaturated fat, polyunsaturated fat, cholesterol, dietary fiber, alcohol, carotenes, vitamin E, folacin, zinc, copper, sodium, potassium, and moisture

sources of these values are the USDA Nutrient Data Base for Standard Reference (6) and the USDA Nutrient Data Bank (7). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value represents purely beta-carotene or whether it includes other carotenoids. Values in the data base for carotene are those assumed by HNIS in arriving at the values for total vitamin A and should not be interpreted as representing solely beta-carotene. Only limited data are available for vitamin E and dietary fiber. Data for vitamin E (as alpha-tocopherol equivalents) are available mainly for basic staple or commodity food items. Values for dietary fiber generally represent either total dietary fiber by direct determination or the sum of insoluble fiber and soluble fiber in foods for which data exist.

(water). The nutrient data base also includes vitamin A expressed as retinol equivalents. The tables in this report present values for vitamin A expressed in two ways, IU and RE. Although alcohol was used in the calculation of total energy, separate values for alcohol are not given in the report, nor are values for the moisture content of foods.

Data were subjected to computer-assisted cleaning and checking by the contractor. Dietary intake records that were known to be incomplete were eliminated. Individuals' heights and weights were compared with the 2nd and 98th percentiles for individuals of the same age group and sex in the NFCS 1977-78 as a check for reasonableness. The gram weight of each individual's total intake of food and intakes of food energy, protein, fat, carbohydrate, calcium, iron, and ascorbic acid were checked for reasonableness in a similar manner. Also, the gram weight of each food reported was checked against reasonable maximums established by HNIS on a food group basis. Data that fell outside the limits set as reasonable were checked against the original questionnaire and were corrected if in error.

Data Presentation

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. These tables were produced using the U.S. Department of Labor, Bureau of Labor Statistics' Print Control Language (8) and Table Producing Language (9).

Food intakes--The data on food intakes presented in Tables 1.1-A1 to 1.6-B2 are arithmetic means (averages) for the group of individuals identified in the stub. For each food group and subgroup identified in the column head, the quantities reported for each individual at each eating occasion were totalled, and a group mean was calculated. If no food from a specific food group or subgroup was reported on the survey day, that individual's total was zero; the zero was

included in the calculation of the group mean. The mean intakes in the tables, therefore, include intake values for both users and nonusers. Mean intakes per user can be calculated by dividing the mean intake for a group of individuals by the percentage of individuals using food from that food group, expressed as a decimal. For example, the mean intake per user of beef by low-income women 19 to 50 years of age in 1985 can be determined as follows:

$$\frac{25 \text{ grams beef (from table 1.1-A1)}}{0.215 \text{ (21.5 percent from table 1.1-A2)}} = 116 \text{ grams of beef per user}$$

Nutrient intakes--The nutrient intakes by individuals presented in tables 2.1A to 2.4B do not include vitamin and mineral supplements. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table.

Nutrient intakes and RDA--The nutritive values of food intakes as percentages of the RDA were derived using the 1980 RDA for a person of the appropriate sex and age (4). Mean percentages for each age group were calculated. The RDA are listed in Appendix B.

Energy sources--The percentage contributions of protein, fat, and carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat by 9 kilocalories per gram, and carbohydrate by 4 kilocalories per gram; dividing those values by the individual's total food energy intake; converting to percentages;

and then calculating group means. The general factors 4, 9, and 4 give estimates for a typical mixed diet (10). Alcohol is also an energy source and was considered in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Income levels--To obtain a sample of households that could have met the income criterion for FSP participation at the time of data collection, households were screened for survey eligibility using a general question on household income for the previous month. The CSFII also included a more detailed question on the previous year's income. Annual income is a better indicator of a household's general level of living than monthly income; annual income is used to classify data in Tables 2 and 3 of this report.

In Tables 2 and 3, the income level categories (0-76% poverty, 76-130% poverty, and 0-130% poverty) are based on household income for the previous year. The income levels were calculated by expressing each household's income before taxes for the previous year as a percentage of the poverty guidelines for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty guidelines. The guidelines, provided by the U.S. Department of Health and Human Services (1, 11), are adapted from the poverty thresholds published by the Bureau of the Census. They are used by many Federal agencies to determine whether a person or family is financially eligible for assistance under a particular Federal program. The guidelines are as follows:

Household size	1985 poverty guidelines (11)	1986 poverty guidelines (1)
1	\$ 5,250	\$ 5,360
2	7,050	7,240
3	8,850	9,120
4	10,650	11,000
5	12,450	12,880
6	14,250	14,760
7	16,050	16,640
8	17,850	18,520

For households with more than eight members, \$1,800 was added for each additional member in 1985 and \$1,880 for each additional member in 1986.

In 1986, of the 1,223 households that were eligible for the CSFII when they were screened (based on the previous month's income), 173 households had incomes for the previous year that exceeded 130 percent of the poverty guideline, and 118 households did not report income for the previous year. The distribution of FSP and NFSP households in 1986 by last month's income and by last year's income is presented below:

Income (percent of poverty)	Last month's income		Last year's income	
	FSP	NFSP	FSP	NFSP
	-----percent-----			
Under 76%.....	84.6	35.6	67.5	22.6
76-100%	13.3	39.6	15.5	18.5
101-130%	1.8	24.0	4.2	27.3
Over 130%	-	-	1.9	22.8
Not reported2	.8	11.0	8.7

Low-income households surveyed as part of the CSFII 1986 had a median income (based on the previous year's income before taxes) that was 81 percent of the poverty guideline. The median income for the previous year of households that participated in the Food Stamp Program (FSP) was 56 percent of the poverty guideline, whereas that of nonparticipating (NFSP) households was 108 percent.

Snacks and food away from home--Dietary data used in calculating the mean percentage contributions of snacks (see Glossary) to the day's intakes of food energy and nutrients include intakes by all individuals, whether or not they reported snacks. For each individual, the amount of each nutrient obtained from snacks was expressed as a percentage of that individual's intake of that nutrient for the entire day. If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean. The nutrient contribution of foods obtained and eaten away from home was calculated in a similar manner.

Appendix B: Recommended Dietary Allowances, 1980

Sex and age (years)	Food energy	Protein	Water-soluble vitamins							
			Vitamin C	Thiamin	Ribo- flavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	
	<u>kcal</u>	<u>g</u>	-----	<u>mg</u>	-----	<u>mg(NE)¹</u>	<u>mg</u>	-----	<u>mcg</u>	-----
Males and females:										
0.0-0.4	690	13.2	35	0.3	0.4	6	0.3	30		0.5
0.5-0.9	945	18.0	35	0.5	0.6	8	0.6	45		1.5
1-3	1,300	23.0	45	0.7	0.8	9	0.9	100		2.0
4-6	1,700	30.0	45	0.9	1.0	11	1.3	200		2.5
7-10	2,400	34.0	45	1.2	1.4	16	1.6	300		3.0
Males:										
11-14	2,700	45.0	50	1.4	1.6	18	1.8	400		3.0
15-18	2,800	56.0	60	1.4	1.7	18	2.0	400		3.0
19-22	2,900	56.0	60	1.5	1.7	19	2.2	400		3.0
23-50	2,700	56.0	60	1.4	1.6	18	2.2	400		3.0
51-75	2,400	56.0	60	1.2	1.4	16	2.2	400		3.0
76 and over ..	2,050	56.0	60	1.2	1.4	16	2.2	400		3.0
Females:										
11-14	2,200	46.0	50	1.1	1.3	15	1.8	400		3.0
15-18	2,100	46.0	60	1.1	1.3	14	2.0	400		3.0
19-22	2,100	44.0	60	1.1	1.3	14	2.0	400		3.0
23-50	2,000	44.0	60	1.0	1.2	13	2.0	400		3.0
51-75	1,800	44.0	60	1.0	1.2	13	2.0	400		3.0
76 and over ..	1,600	44.0	60	1.0	1.2	13	2.0	400		3.0
Pregnant:										
11-14	2,500	76.0	70	1.5	1.6	17	2.4	800		4.0
15-18	2,400	76.0	80	1.5	1.6	16	2.6	800		4.0
19-22	2,400	74.0	80	1.5	1.6	16	2.6	800		4.0
23-50	2,300	74.0	80	1.4	1.5	15	2.6	800		4.0
Lactating:										
11-14	2,700	66.0	90	1.6	1.8	20	2.3	500		4.0
15-18	2,600	66.0	100	1.6	1.8	19	2.5	500		4.0
19-22	2,600	64.0	100	1.6	1.8	19	2.5	500		4.0
23-50	2,500	64.0	100	1.5	1.7	18	2.5	500		4.0

¹One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

Appendix B: Recommended Dietary Allowances, 1980—Con.

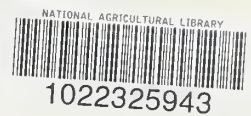
Sex and age (years)	Fat-soluble vitamins			Minerals				
	Vitamin A	Vitamin E		Calcium	Phosphorus	Magnesium	Iron	Zinc
	RE	IU ²	Alpha-TE	----- mg -----				
Males and females:								
0.0-0.4	420	1,400	3	360	240	50	10	3
0.5-0.9	400	2,000	4	540	360	70	15	5
1-3	400	2,000	5	800	800	150	15	10
4-6	500	2,500	6	800	800	200	10	10
7-10	700	3,300	7	800	800	250	10	10
Males:								
11-14	1,000	5,000	8	1,200	1,200	350	18	15
15-18	1,000	5,000	10	1,200	1,200	400	18	15
19-22	1,000	5,000	10	800	800	350	10	15
23-50	1,000	5,000	10	800	800	350	10	15
51-75	1,000	5,000	10	800	800	350	10	15
76 and over ..	1,000	5,000	10	800	800	350	10	15
Females:								
11-14	800	4,000	8	1,200	1,200	300	18	15
15-18	800	4,000	8	1,200	1,200	300	18	15
19-22	800	4,000	8	800	800	300	18	15
23-50	800	4,000	8	800	800	300	18	15
51-75	800	4,000	8	800	800	300	10	15
76 and over ..	800	4,000	8	800	800	300	10	15
Pregnant:								
11-14	1,000	5,000	10	1,600	1,600	450	18	20
15-18	1,000	5,000	10	1,600	1,600	450	18	20
19-22	1,000	5,000	10	1,200	1,200	450	18	20
23-50	1,000	5,000	10	1,200	1,200	450	18	20
Lactating:								
11-14	1,200	6,000	11	1,600	1,600	450	18	25
15-18	1,200	6,000	11	1,600	1,600	450	18	25
19-22	1,200	6,000	11	1,200	1,200	450	18	25
23-50	1,200	6,000	11	1,200	1,200	450	18	25

²Vitamin A allowances were converted from retinol equivalents to international units.

Literature Cited

- (1) U.S. Department of Health and Human Services. 1986. Annual Revision of the Poverty Income Guidelines. Federal Register 51:5105-5106.
- (2) U.S. Department of Agriculture, Human Nutrition Information Service. 1986. Nationwide Food Consumption Survey, Continuing Survey of Food Intakes by Individuals: Women 19-50 Years and Their Children 1-5 Years, 1 Day. U.S. Dept. of Agric., CSFII Rep. No. 86-1, 98 pp.
- (3) Peterkin, B.B., and R.L. Rizek. 1984. National Nutrition Monitoring System. Family Econ. Rev., No. 4, pp. 15-19.
- (4) National Academy of Sciences, National Research Council, Food and Nutrition Board. 1980. Recommended Dietary Allowances, 9th ed. Washington, DC: National Academy Press, 185 pp.
- (5) U.S. Department of Agriculture, Human Nutrition Information Service. [In preparation.] Manual of Food Codes for Individual Intake. On Dataset: CSFII 86-2, Continuing Survey of Food Intakes by Individuals, Low-Income Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1986. Springfield, VA: National Tech. Inform. Serv. Computer Tape.
- (6) U.S. Department of Agriculture, Human Nutrition Information Service. 1985. USDA Nutrient Data Base for Standard Reference, Rel. 5, Springfield, VA: National Tech. Inform. Serv. Accession No. PB85-10051/HBF. Computer Tape.
- (7) Hepburn, F. N. 1982. The USDA National Nutrient Data Bank. Amer. J. Clin. Nutr. 35:1297-1301.
- (8) U.S. Department of Labor, Bureau of Labor Statistics. 1980. Print Control Language. Table Producing Language System: Version 5 Language Guide. 169 pp.
- (9) U.S. Department of Labor, Bureau of Labor Statistics. 1980. Table Producing Language System: Version 5 Language Guide. 271 pp.
- (10) Merrill, A. L., and B. K. Watt. 1973. Energy Value of Foods--Basis and Derivation. U.S. Dept. of Agric., Agric. Handb. No. 74, 105 pp.
- (11) U.S. Department of Health and Human Services. 1985. Annual Revision of the Poverty Income Guidelines. Federal Register 46:9517.

Other CSFII Reports



1986 Series:

- NFCS, CSFII Report No. 86-1: Women 19-50 Years and Their Children 1-5 Years,
1 Day, 1986 (Issued January 1987)
- NFCS, CSFII Report No. 86-2: Low-Income Women 19-50 Years and Their
Children 1-5 Years, 1 Day, 1986
- NFCS, CSFII Report No. 86-3: Women 19-50 Years and Their Children
1-5 Years, 4 Days, 1986 (In preparation)
- NFCS, CSFII Report No. 86-4: Low-Income Women 19-50 Years and Their
Children 1-5 Years, 4 Days, 1986 (In preparation)

1985 Series:

- NFCS, CSFII Report No. 85-1: Women 19-50 Years and Their Children 1-5 Years,
1 Day, 1985 (Issued November 1985)
- NFCS, CSFII Report No. 85-2: Low-Income Women 19-50 Years and Their Children
1-5 Years, 1 Day, 1985 (Issued August 1986)
- NFCS, CSFII Report No. 85-3: Men 19-50 Years, 1 Day, 1985 (Issued
November 1986)
- NFCS, CSFII Report No. 85-4: Women 19-50 Years and Their Children
1-5 Years, 4 Days, 1985 (In preparation)
- NFCS, CSFII Report No. 85-5: Low-Income Women 19-50 Years and Their
Children 1-5 Years, 4 Days, 1985 (In preparation)

OR



United States
Department of
Agriculture

Human Nutrition
Information
Service

Nutrition
Monitoring
Division

Federal Building
Hyattsville, Maryland
20782

July 1987

In 1985, the Human Nutrition Information Service initiated its Continuing Survey of Food Intakes by Individuals (CSFII). We are pleased that we are now able to send you the second report from the CSFII 1986. This report provides data on 1-day dietary intakes by women 19 to 50 years of age and their children 1 to 5 years (low-income) collected in Spring 1986. We hope that you will find useful this current, up-to-date information on the food and nutrient intakes of this population group.

A handwritten signature in cursive script, reading "Robert L. Rizer".

ROBERT L. RIZER
Director
Nutrition Monitoring Division

Enclosure

United States Department of Agriculture
Human Nutrition Information Service
Nutrition Monitoring Division
Room 325-A, Federal Building
Hyattsville, Maryland 20782

